



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PARSLEY

Parsley is much more than just a simple garnishing herb! It is good for your eyesight (vitamin A + beta carotene), great for your immune system and can also help with urinary tract infections as it has good diuretic properties.



2. CHICKEN & RED RICE BOWL

WITH CHIMICHURRI DRESSING

 30 Minutes

 4 Servings

A nourishing bowl of fragrant red rice, avocado and chicken served with a punchy chimichurri sauce.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
46g	35g	54g

FROM YOUR BOX

RED RICE	300g
PARSLEY	1/2 bunch *
GARLIC	1 clove
AVOCADO	1
TOMATO	1
CONTINENTAL CUCUMBER	1/2 *
ROCKET LEAVES	1/2 bag (100g) *
RED ONION	1/2 *
CHICKEN TENDERLOINS	600g

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, dried oregano (or herb of choice), red wine vinegar

KEY UTENSILS

saucepan, frypan

NOTES

The chicken is also great with ground cumin or coriander. Try adding some chilli flakes to the chimichurri for extra spice!



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. MAKE THE CHIMICHURRI

Finely chop parsley. Combine with 1 crushed garlic clove, **2 tbsp vinegar** and **1/3 cup olive oil**. Season with **salt and pepper**. Set aside.



3. PREPARE THE SALAD

Wedge avocado. Dice tomato. Slice cucumber. Set aside with rocket leaves.



4. COOK THE CHICKEN

Heat pan over medium-high heat. Slice onion. Coat chicken with **1 tsp oregano, oil, salt and pepper**. Add both to pan. Cook for 8-10 minutes or until chicken is cooked through.



5. FINISH AND PLATE

Divide rice, salad and chicken among bowls. Spoon over chimichurri dressing to taste.