



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: BROCCOLI

Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.



## 2. CHARRED CHICKEN WITH ANTIPASTO BROCCOLI

Tenderised broccoli florets tossed with antipasto, caramelised onion and almonds, served alongside charred oregano chicken fillets.

 30 Minutes

 4 Servings

17 February 2020

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
44g	41g	33g

## FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
RED ONION	1
LEMON	1/2 *
BROCCOLI	1
CHICKEN THIGH FILLETS	600g
CELERY STICKS	2
ALMONDS	1 packet (40g)
BASIL	1/2 packet *
ANTIPASTO MIX	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, dried oregano, maple syrup, red wine vinegar

## KEY UTENSILS

saucepan, frypan, griddle pan or BBQ

## NOTES

Transfer the cooked onion to the broccoli when it's finished, this will also help soften the florets.

The smaller you cut the broccoli florets the more enjoyable it will be to eat. Leaving it aside with the dressing will help tenderise and soften the florets.

If you don't enjoy raw broccoli you can roast the florets in the oven instead or blanch in boiling water.



### 1. COOK THE BUCKWHEAT

Place buckwheat in saucepan and cover with water. Bring to boil for 10-15 minutes. Drain and rinse under cold water. Set aside.



### 2. COOK THE ONION

Heat a frypan over medium-high heat with **2 tbsp oil**. Slice and add onion. Cook for 5-6 minutes until softened. Add **1 tbsp vinegar** and **1/2 tbsp maple syrup**. Stir until combined. Take off heat (see notes).



### 3. PREPARE THE BROCCOLI

Meanwhile, whisk together **1 tsp oregano**, **1/2 tbsp maple syrup**, lemon juice and **1/4 cup olive oil** in a large bowl. Cut broccoli into small florets (see notes). Add to dressing to coat. Season with **salt and pepper**.



### 4. COOK THE CHICKEN

Heat griddle pan or BBQ over high heat. Coat chicken with **1 tsp oregano, oil, salt and pepper**. Cook chicken for 5-6 minutes each side or until cooked through.



### 5. FINISH THE SALAD

Meanwhile, slice celery and roughly chop almonds. Pick basil leaves. Toss together with antipasto mix (including oil), broccoli, onion and cooked buckwheat.



### 6. FINISH AND PLATE

Divide broccoli salad among plates. Serve with chicken.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

