



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SUNFLOWER SEEDS

Sunflower seeds come from the centre of the sunflower and are a wonderful source of vitamin E, many minerals, essential fats and protein. They have a mild nutty flavour and can be eaten as snacks or sprinkled on top of a salad or stew.



3. COBB CHICKEN SALAD WITH BLUE CHEESE

 25 Minutes

 4 Servings

The classic Cobb salad starts with a bed of crisp lettuce and is finished with rows of toppings. This version has smokey pieces of chicken and creamy blue cheese, drizzled with a dijon mustard dressing.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
44g	40g	4g

2 March 2020

FROM YOUR BOX

DICED CHICKEN BREAST FILLET	600g
GEM LETTUCE	3 pack
CHERRY TOMATOES	1 bag (200g)
CELERY STICKS	2
CONTINENTAL CUCUMBER	1/2 *
AVOCADO	1
BLUE CHEESE	1 packet
CRUNCHY SPROUTS	1/3 punnet *
SUNFLOWER SEEDS	1/2 packet (20g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground paprika (or smoked paprika), dijon mustard, white wine vinegar

KEY UTENSILS

frypan

NOTES

Toast the seeds in a frypan if desired.



1. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat chicken with **1/2 tbsp paprika, salt and pepper**. Cook for 6-8 minutes or until cooked through. Set aside.



2. PREPARE THE DRESSING

Whisk together **1/2 tbsp dijon mustard, 1 tbsp vinegar** and **3 tbsp olive oil**. Season with **salt and pepper** to taste. Set aside.



3. PREPARE THE SALAD

Roughly chop lettuce leaves. Halve tomatoes and slice celery. Dice cucumber and avocado. Crumble blue cheese. Keep separate.



4. FINISH AND PLATE

Divide lettuce among bowls. Arrange even strips of remaining salad ingredients on top. Drizzle over dressing to taste. Garnish with crunchy sprouts and sunflower seeds.

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.

