



Product Spotlight: Quinoa


Quinoa is an amazing superfood seed, cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein meaning it contains all nine essential amino acids. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.



2 Chicken Quinoa Biryani

A popular Indian dish using quinoa in place of rice. Spiced quinoa with vegetables with a side of turmeric chicken tenderloins and a dollop of yoghurt to finish.

 30 minutes

 2 servings

 Chicken

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Spice it up!

Add some fresh grated ginger or garam masala to the quinoa as it cooks for more depth in flavour. Finish the dish with some roasted cashews if you have some.

Per serve: **PROTEIN** 50g **TOTAL FAT** 13g **CARBOHYDRATES** 56g

FROM YOUR BOX

RED ONION	1/2 *
TOMATO	1
CARROT	1
QUINOA	1 packet (100g)
CORIANDER	1/2 packet *
LEBANESE CUCUMBER	1
CHICKEN TENDERLOINS	300g
NATURAL YOGHURT	1 cup *
ENGLISH SPINACH	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, ground turmeric, ground cardamom, cumin seeds, stock cube (1/2), garlic (1/2 clove)

KEY UTENSILS

large frypan with lid, frypan

NOTES

Stir the quinoa half way. If the quinoa is sticking to the bottom of the pan, reduce the heat slightly so it doesn't burn.

An easy way to rinse the spinach is to trim the leaves and soak them in a bowl of water. All the sand will fall to the bottom of the bowl.



1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **1/2 tbsp oil** or **butter**. Slice and add onion along with **1/2 tsp turmeric**, **1/4 tsp cardamom** and **1/2 tsp cumin seeds**. Cook for 2-3 minutes until fragrant.



2. ADD VEGGIES & QUINOA

Wedge tomato and slice carrot into crescents. Add to pan as you go along with **1/2 crushed garlic clove** and **1/2 crumbled stock cube**. Add quinoa and **1 cup water**. Cover and simmer for 15 minutes until water is absorbed (see notes).



3. PREPARE THE TOPPING

Chop coriander. Deseed and dice cucumber. Toss together.



4. COOK THE CHICKEN

Coat chicken with 1 tbsp yoghurt, **1/4 tsp turmeric**, **salt and pepper**. Heat a frypan over medium-high heat with **oil**. Cook chicken for 4-5 minutes each side or until cooked through.



5. STIR THROUGH SPINACH

Take quinoa off heat. Rinse and slice spinach (see notes). Stir through quinoa until wilted. Season with **salt and pepper** to taste.



6. FINISH & PLATE

Divide quinoa biryani and chicken among plates. Garnish with coriander topping and serve with a dollop of yoghurt.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

