



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: DILL

Dill has been used medicinally and culinary for millennia — in fact, this aromatic herb is mentioned in both the bible and old Egyptian writings! Today, it's widely used in for example Mediterranean and Scandinavian cuisine.



## 2. DILL CHICKEN

### WITH LEMON RICE

 30 Minutes

 2 Servings

Nutty brown rice, tangy lemon-dill dressing, tender chicken tenderloins and a fresh side salad.

11 May 2020

## FROM YOUR BOX

BROWN RICE	150g
LEMON	1
DILL	1 packet
SUGAR SNAP PEAS	1/2 bag (75g) *
LEBANESE CUCUMBER	1
TOMATO	1
MESCLUN LEAVES	1 bag (60g)
CHICKEN TENDERLOINS	300g
SPRING ONIONS	1/4 bunch *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil / butter for cooking, salt, pepper, honey

## KEY UTENSILS

saucepan, frypan

## NOTES

Add 1 crushed clove of garlic to spring onions for added flavour.



### 1. COOK THE RICE

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



### 2. MAKE THE DRESSING

Zest lemon to yield 1 1/2 tsp, set aside.

Chop dill and combine with lemon juice, **3 tbsp olive oil, 1 tsp honey, 1 tbsp water, salt and pepper.**



### 3. TOSS THE SALAD

Trim and slice sugar snap peas, ribbon cucumber and chop tomato. Toss with mesclun leaves in a large bowl.



### 4. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Season chicken with **salt and pepper**. Add to pan and cook for 4-5 minutes each side, or until golden and cooked through. Remove from pan and spoon over 1/2 tbsp dressing. Keep pan over medium heat.



### 5. SAUTÉ THE SPRING ONIONS

Add **oil/butter** to pan. Slice and add spring onions with reserved lemon zest (see notes). Cook for 2-3 minutes until softened. Add cooked rice and toss well. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Serve chicken with rice, salad and remaining dressing on the side to spoon over.

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.

