



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

 4 Servings

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

11 May 2020

FROM YOUR BOX

BROWN RICE	300g
LEMON	1
DILL	1 packet
SUGAR SNAP PEAS	1/2 bag (125g) *
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)
MESCLUN LEAVES	1 bag (60g)
CHICKEN TENDERLOINS	600g
SPRING ONIONS	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, large frypan

NOTES

Add 1-2 crushed cloves 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. MAKE THE SALAD

Trim and slice sugar snap peas, ribbon cucumber and halve cherry tomatoes. 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 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.

