

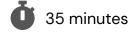




# Spiced Chicken with Quinoa Tabbouleh

# and Eggplant Puree

Chicken tenderloins pan-fried and served with a homemade lemon and garlic-flavoured eggplant dip and fresh minty, zingy quinoa tabbouleh.





2 servings



# Switch it up!

Dice and roast the eggplant. Toss through the quinoa tabbouleh. Add feta cheese or dip of your choice to serve!

TOTAL FAT CARBOHYDRATES

45g

58g

## FROM YOUR BOX

WHITE QUINOA	100g
EGGPLANT	1
LEMON	1
GARLIC CLOVES	2
ТОМАТО	1
LEBANESE CUCUMBER	1
MINT	1 packet
CHICKEN TENDERLOINS	300g

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander

#### **KEY UTENSILS**

large frypan, saucepan, oven tray, stick mixer

## **NOTES**

Drain quinoa for a minimum of 5 minutes or press it down in a sieve to squeeze out excess liquid.

Add 1/2-1 tbsp water to loosen your puree to desired consistency. If your eggplant is on the larger side, use 1 tbsp.





# 1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse (see notes). Return to saucepan.



## 2. ROAST THE EGGPLANT

Quarter eggplant. Place on a lined oven tray. Coat with **oil, salt and pepper.** Roast for 15–20 minutes until eggplant is tender.



# 3. MAKE QUINOA TABBOULEH

Combine zest and juice from 1/2 lemon, 1 crushed garlic clove, salt and pepper in a bowl. Dice and add tomato, cucumber and chopped mint leaves to pan with drained quinoa. Add dressing and combine well.



# 4. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken with oil, 1 tsp coriander, salt and pepper. Add to pan and cook for 4-6 minutes each side until cooked through.



# 5. MAKE THE EGGPLANT PUREE

Meanwhile, place roasted eggplant in a jug along with 1 tbsp olive oil, remaining lemon juice and 1 crushed garlic clove. Use a stick mixer to blend to a smooth consistency (see notes). Season to taste with salt and pepper.



#### 6. FINISH AND SERVE

Spoon eggplant pure into the base of shallow bowls. Top with quinoa tabbouleh and serve with chicken tenderloins.

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