

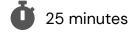




Lemon Chicken

with Green Quinoa

Chicken schnitzels cooked in lemon pepper served over quinoa and sautéed green vegetables with a lemon dressing and almonds.







Switch it up!

Use parsley, almonds and lemon to make a pesto! Toss the pesto through the cooked vegetables and quinoa.

PROTEIN TOTAL FAT CARBOHYDRATES

42g 24g

60g

FROM YOUR BOX

WHITE QUINOA	200g
LEMON	1
CHICKEN SCHNITZELS	600g
BROCCOLI	1
PARSLEY	1 packet
SNOW PEAS	150g
ALMONDS	40g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, 2 garlic cloves, honey (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

You can substitute honey for maple syrup, sugar or coconut sugar.





1. COOK THE QUINOA

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



2. MAKE THE LEMON DRESSING

Meanwhile, zest lemon and set zest aside for step 4. Juice lemon and add to a bowl with 2 tsp honey, 1/4 cup olive oil, 2 tbsp water, salt and pepper. Whisk to combine.



3. COOK THE SCHNITZELS

Heat a large frypan over medium-high heat. Coat schnitzels in oil, 3 tsp lemon pepper and salt. Add to pan and cook for 4-5 minutes each side until cooked through. Remove to a plate and keep pan over heat (see step 4).



4. SAUTÉ THE VEGETABLES

While chicken is cooking, finely chop broccoli and parsley, **crush garlic**, and trim and slice snow peas.

Add extra **oil** to pan if necessary. Add broccoli, lemon zest and **garlic** to pan. Sauté for 2 minutes. Add snow peas and parsley and cook for a further minute.



5. ADD THE QUINOA

Add drained quinoa to vegetables. Cook for 2 minutes to warm through. Remove from heat and add lemon dressing. Stir to combine and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop almonds.

Divide quinoa among plates. Serve with chicken schnitzels. Sprinkle over almonds.

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