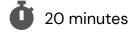




## **Mediterranean Chicken Bowl**

### with Sorghum and Tahini Dressing

Chicken schnitzels coated in lemon zest and oregano served with sorghum and pan-fried zucchini, fresh vegetables and a tahini and lemon juice dressing.







# Whipped fetal

Make a whipped feta instead of the tahini dressing. Use a stick mixer to blend lemon juice, feta and 1 tbsp water to a smooth consistency and season to taste with pepper.

TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

SORGHUM	1 packet (200g)
ZUCCHINI	1
GREEN CAPSICUM	1
LEMON	1
CHERRY TOMATOES	2 x 200g
AUSTRALIAN FETA CHEESE	1 packet (200g)
CHICKEN SCHNITZELS	600g

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, tahini, dried oregano

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

With the weather warming up, you can cook your zucchini slices and chicken schnitzels on the BBQ if preferred.



#### 1. COOK THE SORGHUM

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



#### 2. PREPARE THE INGREDIENTS

Slice zucchini and capsicum. Zest lemon. Halve or quarter cherry tomatoes and crumble feta cheese.



#### 3. COOK THE ZUCCHINI

Heat a large frypan over medium-high heat with **oil** (see notes). Add zucchini and 1/2 lemon zest. Cook for 2-4 minutes each side until beginning to brown. Remove and keep pan over heat.



#### 4. COOK THE CHICKEN

Coat chicken in **oil**, remaining lemon zest, **1 tbsp oregano**, **salt and pepper**. Add to pan and cook for 4–5 minutes each side until cooked through.



#### 5. MAKE THE DRESSING

Juice lemon and add to a bowl along with 2 tbsp tahini, 1 tbsp olive oil, 3 tbsp water, salt and pepper. Stir to combine.



#### 6. FINISH AND SERVE

Slice chicken schnitzels.

Divide sorghum among bowls. Drizzle in 1 tbsp prepared dressing. Top with remaining ingredients and serve with remaining dressing.

**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** 



