



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sorghum

Sorghum is high in protein and fibre, and low in fat. Not just a food resource, it is one of the most important cereal crops worldwide and is used in the production of biofuels.



E4

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.



20 minutes



4 servings



Chicken

28 October 2022

Whipped feta!

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	24g	32g

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**

