



Product Spotlight: Quinoa

Quinoa is a superfood seed cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



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.



35 minutes



4 servings



Chicken

22 September 2023

Switch it up!

Dice and roast the eggplant.

Toss through the quinoa tabbouleh.

Add feta cheese or dip of your choice to serve!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	7g	48g

FROM YOUR BOX

WHITE QUINOA	200g
EGGPLANT	1
LEMON	1
GARLIC CLOVES	2
TOMATOES	2
LEBANESE CUCUMBERS	2
MINT	1 packet
CHICKEN TENDERLOINS	600g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, 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, **1 tbsp vinegar, salt and pepper** in a bowl. Dice and add tomatoes, cucumbers 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, 2 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 smooth consistency (see notes). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

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



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