



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Apple


“An apple a day keeps the doctor away” is widely known nutritious advice! Apples help control insulin levels by releasing sugar slowly into the bloodstream. They are packed with vitamins C & A to help battle colds & flus!



## F2 Autumn Chicken Waldorf with Curried Sprouts and Apple

A nourishing and warm version of the classic chicken Waldorf salad, served open-sandwich style on sprouted quinoa rolls, with golden Brussels sprouts and apple, garnished with walnuts.

 25 minutes

 2 servings

 Chicken

22 April 2022

## Save it!

Save this recipe to use for weekday lunches. Instead of cooking the sprouts and apples, thinly slice and toss through the chicken and serve as a salad or in sandwiches.

Per serve: **PROTEIN** 57g **TOTAL FAT** 30g **CARBOHYDRATES** 77g

## FROM YOUR BOX

CHICKEN BREAST FILLETS	300g
BRUSSELS SPROUTS	1 bag (150g)
RED APPLE	1
QUINOA-SPROUTED ROLLS	2-pack
CELERY STICK	1
WALNUTS	1 packet (40g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, mayonnaise (see notes)

## KEY UTENSILS

2 frypans

## NOTES

Instead of curry powder, you can poach the chicken with dried or fresh herbs such as parsley, rosemary, or thyme. Add garlic cloves, onion or lemon as well.

You can substitute the mayonnaise for natural yoghurt, sour cream or extra poaching liquid if preferred.

Left over poaching liquid can be saved and used as stock for risottos, soups or stews.



### 1. POACH THE CHICKEN

Place chicken breast fillets into a frypan or saucepan with **2 tsp curry powder, salt and pepper** (see notes). Cover with water, bring to a simmer, and poach for 15 minutes or until cooked through.



### 2. PAN-FRY THE SPROUTS

Heat a second frypan over medium-high heat with **oil**. Quarter Brussels sprouts and wedge apple. Add to pan along with **1 tsp curry powder**. Cook, stirring occasionally, for 4-6 minutes until sprouts are golden. Remove to a plate and keep pan.



### 3. PREPARE INGREDIENTS

Halve rolls. Thinly slice celery stick and roughly chop walnuts.



### 4. TOAST THE ROLLS

Wipe pan clean and place back over heat. Add rolls to pan, cut-side down, and toast until golden.



### 5. SHRED THE CHICKEN

Remove chicken from pan to a bowl (reserve 1 tbsp poaching liquid). Use 2 forks to shred chicken. Add reserved poaching liquid along with celery, **1 1/2 tbsp mayonnaise, salt and pepper**. Stir to combine.



### 6. FINISH AND SERVE

Serve rolls on plates. Top with shredded chicken mixture. Sprinkle over walnuts and serve with cooked sprouts and apple.

**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](mailto:hello@dinnertwist.com.au)

