

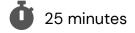




## **Chicken Tenderloins**

### with Orange and Agave Grain Salad

Tender sorghum tossed with fresh parsley and an orange and agave dressing served with crunchy vegetables and chicken tenderloins cooked in ground coriander.







# Spice it up!

You can switch the ground coriander for ground cumin, sumac or lemon pepper. Add some dried chilli flakes to the finished dish for a kick of spice!

TOTAL FAT CARBOHYDRATES PROTEIN

> 40g 13g 54g

#### FROM YOUR BOX

SORGHUM	100g
ORANGE	1
AGAVE DRESSING	1 sachet
CHICKEN TENDERLOINS	300g
ТОМАТО	1
AVOCADO	1
GREEN CAPSICIM	1
PARSLEY	1 packet
MESCLUN LEAVES	1 bag (60g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried coriander

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Remaining orange juice can be frozen and added to yoghurt or most sweet breakfast foods, cake mixes, biscuits or into sparkling water for a refreshing drink.



#### 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. MAKE THE DRESSING

Zest orange to yield 2 tsp (see notes). Juice orange. Add to a bowl with agave dressing. Whisk to combine. Season with salt and pepper.



#### 3. COOK THE CHICKEN

Heat a frypan over medium-high heat with oil. Coat chicken in oil, 1 tsp coriander, salt and pepper. Add to pan and cook for 4-5 minutes each side until cooked through.



#### 4. PREPARE THE VEGETABLES

Dice tomato. Slice avocado and capsicum.



#### **5. TOSS THE SORGHUM**

Finely slice parsley leaves. Add to saucepan with sorghum along with 1/2 prepared dressing. Toss to coat. Season with salt and pepper.



#### 6. FINISH AND SERVE

Divide sorghum among plates. Serve with vegetables, mesclun leaves, chicken tenderloins and remaining dressing.



