



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Olives

Olive trees originate from the coast of the Mediterranean Sea and western Asia. One of the oldest known olive trees is on the island of Crete, is about 4000 years old, and still produces olives.



## F2 Greek Chicken Gyro Salad

Chicken tenderloins coated in lemon zest and dried rosemary served in a gyro-style salad, with crispy chickpeas and a zingy, herb dressing.

 20 minutes

 2 servings

 Chicken

1 April 2022

## Bulk it up!

*This meal has intentionally been designed to be quick and light, but if you are looking to bulk it up, serve it with some flatbreads, garlic bread, or cooked grains.*

Per serve: **PROTEIN** 58g **TOTAL FAT** 23g **CARBOHYDRATES** 43g

## FROM YOUR BOX

|                     |              |
|---------------------|--------------|
| TINNED CHICKPEAS    | 400g         |
| LEMON               | 1            |
| SHALLOT             | 1            |
| DILL                | 1 packet     |
| CHICKEN TENDERLOINS | 300g         |
| CHERRY TOMATOES     | 1 bag (200g) |
| BABY COS LETTUCE    | 1            |
| OLIVES              | 1 tub        |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary

## KEY UTENSILS

2 frypans

## NOTES

Add 1 tsp of honey to dressing if desired.

Instead of serving the chicken on top of the salad, you can slice it and toss through the salad.



### 1. CRISP THE CHICKPEAS

Heat a frypan over medium-high heat with **oil**. Drain chickpeas and pat dry. Add to pan and season with **salt and pepper**. Cook, stirring occasionally, for 4–5 minutes until chickpeas are crispy. Remove to a plate with paper towel.



### 2. MAKE THE DRESSING

Zest lemon to yield 2 tsp, set aside. Dice shallot and roughly chop dill fronds. Add to a large bowl along with juice from 1/2 lemon, **1 tbsp olive oil, salt and pepper** (see notes). Mix to combine.



### 3. COOK THE CHICKEN

Heat a second frypan over medium-high heat. Coat chicken in **oil, lemon zest, 1 tsp dried rosemary, salt and pepper**. Add to pan and cook for 4–5 minutes each side or until cooked through.



### 4. MAKE THE SALAD

Halve cherry tomatoes and roughly chop the lettuce. Halve olives if desired. Add to bowl with dressing and toss until well combined (see notes).



### 5. FINISH AND SERVE

Divide salad among plates. Sprinkle over crispy chickpeas and serve with chicken tenderloins.

**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)

