

**Product Spotlight:
Lemon**

Thanks to its anti-bacterial properties, lemon juice mixed with hot water is a great remedy for a sore throat!



Grilled Lemon Chicken

with Tossed Buckwheat

Chicken thighs coated in lemon zest, grilled and served with nutty buckwheat tossed in sautéed vegetables and a grilled lemon dressing.



25 minutes



2 servings



Chicken

12 May 2023

BBQ!

If you don't have a griddle pan, you can BBQ the chicken thighs and lemon or cook them in a frypan.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	18g	54g

FROM YOUR BOX

BUCKWHEAT	100g
LEMON	1
CHICKEN THIGH FILLETS	300g
RED ONION	1
CHERRY TOMATOES	200g
GREEN BEANS	150g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, olive oil, maple syrup (see notes)

KEY UTENSILS

griddle pan, saucepan, large frypan

NOTES

Maple syrup or honey would both work well in this recipe.

When zesting lemons, limes, or oranges, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel; this is quite bitter.



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1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



4. MAKE THE DRESSING

Whisk together juice from grilled lemon, **1 1/2 tbsp olive oil, 1 tsp maple syrup, salt and pepper.**



2. GRILL THE CHICKEN

Heat a griddle pan over medium-high heat. Zest lemon (see notes) to yield 2 tsp and halve. Coat chicken in **oil**, lemon zest, **salt and pepper.** Add chicken to pan and cook for 6–8 minutes each side until cooked through. Add lemon cut-side down for the last 3 minutes of cooking time.



5. TOSS THE BUCKWHEAT

Add buckwheat and prepared dressing to vegetables. Toss well to combine. Season to taste with **salt and pepper.**



3. SAUTÉ THE VEGETABLES

Meanwhile, heat a large frypan over medium-high heat with **oil.** Wedge onion, halve cherry tomatoes and trim and slice beans. Add to pan as you go along with **2 tsp thyme.** Sauté for 6 minutes. Remove pan from heat.



6. FINISH AND SERVE

Divide tossed buckwheat among bowls. Serve with chicken thighs.

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