



Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



Lemon and Garlic Chicken with Sautéed Vegetables

Homemade zesty chicken meatballs served with vegetables sautéed with fennel seeds and served over red quinoa with lemon and dill yoghurt.



30 minutes



2 servings



Chicken

7 July 2023

Bake it!

Instead of pan-frying, spoon the meatballs onto an oven tray and bake them while you continue with the other steps.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	16g	66g

FROM YOUR BOX

RED QUINOA	100g
LEMON	1
GARLIC CLOVE	1
CHICKEN MINCE	300g
RED ONION	1
ZUCCHINI	1
TUSCAN KALE	1 bunch
DILL	1 packet
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds, stock cube of choice

KEY UTENSILS

large frypan, saucepan

NOTES

Makes approximately 9 meatballs.



1. COOK THE QUINOA

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. Drain quinoa for a minimum of 5 minutes or press it down in a sieve to squeeze out excess liquid.



2. MAKE THE MEATBALLS

Zest lemon and crush garlic clove. Add 1/2 garlic and lemon zest (reserve remaining zest and garlic) to chicken along with **salt and pepper**. Mix to combine. Heat a large frypan over medium-high heat with **oil**. Add tablespoonfuls of mixture and cook for 6–8 minutes until browned all over (see notes). Remove to a plate.



3. SAUTÉ THE VEGETABLES

While meatballs are browning slice onion, and grate zucchini. Add onion to pan along with **2 tsp fennel seeds** and cook for 3 minutes. Add zucchini and reserved garlic to pan. Sauté for 6–8 minutes until vegetables are softened.



4. ADD MEATBALLS TO PAN

Thinly slice Tuscan kale. Add to pan along with meatballs. Crumble in **stock cube** and pour in **1 1/2 cups water**. Simmer, semi-covered, for 5 minutes until kale is tender. Season to taste with **salt and pepper**.



5. MAKE THE LEMON YOGHURT

Roughly chop dill. Add reserved lemon zest, 1/2 dill, juice from 1/2 lemon (wedge remaining lemon, reserve for step 6 along with remaining dill), yoghurt, **salt and pepper** to a bowl. Mix to combine.



6. FINISH AND SERVE

Divide quinoa among shallow bowls. Spoon over sautéed vegetables and meatballs. Dollop over lemon yoghurt. Garnish with reserved dill and serve with lemon wedges.



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