





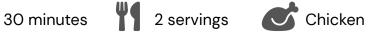
# Lemon and Garlic Chicken

# with Sautéed Vegetables

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







# Bake it!

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

TOTAL FAT CARBOHYDRATES

52g

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, semicovered, 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.

**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 **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



