



Product Spotlight: Grapes

Grapes are a good source of vitamin C and with a water content of around 80% it makes them great for maintaining hydration. Great both fresh and frozen as snacks!



Poached Chicken Waldorf Bowl

A nourishing version of the classic, Chicken Waldorf. This version uses nutty buckwheat to fill you up, poached chicken, crunchy grapes and fresh gem lettuce.



25 minutes



2 servings



Chicken

3 February 2023

Switch it up!

Save the buckwheat for another day and serve the remaining ingredients on toasted rye bread. Perfect for picnics and lunches as well as dinner.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	33g	42g

FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
CHICKEN BREAST FILLET	300g
AIOLI	50g
RED GRAPES	100g
CELERY STICK	1
GEM LETTUCE	3-pack
WALNUTS	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, curry powder

KEY UTENSILS

frypan, saucepan

NOTES

The flavour and heat levels of curry powder varies greatly between brands. Use to taste for a milder dish.

Add more cooking liquid if needed.



1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 10–15 minutes until tender. Drain and rinse.



2. COOK THE CHICKEN

Place chicken breast into a frypan or saucepan with **2 tsp thyme**. Season with **salt and pepper**. Cover with water, bring to a simmer, and cook for 15 minutes or until cooked through. Reserve **1/4 cup cooking liquid** and remove from pan (see step 4).



2. PREPARE THE SALAD

Add aioli to a large bowl along with **1–2 tsp curry powder** (see notes), stir to combine. Halve grapes and slice celery stalks. Add to bowl.

Separate and rinse lettuce leaves.



4. TOSS THE SALAD

Shred or slice cooked chicken. Add chicken and **2–3 tbsp reserved cooking liquid** (see notes) to bowl with grapes and celery. Stir to combine and season with **salt and pepper**.



5. FINISH AND SERVE

Roughly chop walnuts.

Divide buckwheat and lettuce leaves among bowls. Top with salad and sprinkle over walnuts.

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**

