



Product Spotlight: Beetroot

Beets are high in vitamin C (immune-boosting), fibre and potassium (mineral essential for healthy nerve and muscle function). They have been ranked as one of the 10 most antioxidant-rich vegetables!



Tarragon Chicken and Roasted Beetroot Salad

Free-range chicken breast fillets roasted in tarragon and served with a roasted beetroot salad and white quinoa.



35 minutes



2 servings



Chicken

10 February 2023

Switch it up!

Crumble some feta cheese or soft goat cheese over the finished dish for an extra boost of flavour!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g	21g	45g

FROM YOUR BOX

WHITE QUINOA	1 packet (100g)
BETROOTS	2
RED ONION	1
CHICKEN BREAST FILLET	300g
BAVARIAN MUSTARD	1 jar
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried tarragon (see notes)

KEY UTENSILS

oven tray, saucepan

NOTES

If you don't have dried tarragon you could use dried dill, marjoram or oregano.



1. COOK THE QUINOA

Set oven to 220°C.

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 down in sieve to squeeze out excess liquid.



4. PREPARE THE SALAD

Add roasted vegetables to dressing bowl with rocket leaves. Toss gently to combine.



2. ROAST CHICKEN & VEG

Wedge beetroots and red onion. Toss on a lined oven tray with **oil, salt and pepper**. Place chicken on top of vegetables. Slash in 3–4 places. Coat in **oil, 3 tbsp dried tarragon, salt and pepper**. Roast in oven for 20–25 minutes or until chicken is cooked through and vegetables are tender.



5. FINISH AND SERVE

Slice chicken. Evenly divide quinoa and salad among shallow bowls. Serve with slices of chicken.



3. MAKE THE DRESSING

In a large bowl whisk together mustard, **3 tbsp olive oil, salt and pepper**.

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**

