




Product Spotlight: Orange


Because oranges do not spoil readily and are full of vitamin C, during the years of world exploration, sailors planted orange and other citrus trees along trade routes to prevent scurvy: a disease that develops from a deficiency of vitamin C.



Chicken Tenderloins with Orange and Agave Grain Salad

Tender sorghum tossed with fresh parsley and an orange and agave dressing served with crunchy vegetables and chicken tenderloins cooked in ground coriander.

 25 minutes

 4 servings

 Chicken

27 January 2023

Spice it up!

You can switch the ground coriander for ground cumin, sumac or lemon pepper. Add some dried chilli flakes to the finished dish for a kick of spice!

Per serve: **PROTEIN** 38g **TOTAL FAT** 7g **CARBOHYDRATES** 32g

FROM YOUR BOX

SORGHUM	200g
ORANGE	1
AGAVE DRESSING	1 sachet
CHICKEN TENDERLOINS	600g
CHERRY TOMATOES	200g
AVOCADO	1
GREEN CAPSICUM	1
PARSLEY	1 packet
MESCLUN LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried coriander

KEY UTENSILS

large frypan, saucepan

NOTES

Remaining orange juice can be frozen and added to yoghurt or most sweet breakfast foods, cake mixes, biscuits or into sparkling water for a refreshing drink.



1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



2. MAKE THE DRESSING

Zest orange to yield 2 tsp (see notes). Juice orange. Add to a bowl along agave dressing. Whisk to combine. Season with **salt and pepper**.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat chicken in **oil, 2 tsp coriander, salt and pepper**. Add to pan and cook for 4–5 minutes each side until cooked through.



4. PREPARE THE VEGETABLES

Halve or quarter cherry tomatoes. Slice avocado and capsicum.



5. TOSS THE SORGHUM

Finely slice parsley leaves. Add to saucepan with sorghum along with 1/2 prepared dressing. Toss to coat. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide sorghum among plates. Serve with vegetables, mesclun leaves, chicken tenderloins and remaining dressing.

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

