

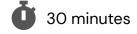




# Lemon and Garlic Chicken

# 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

46g

#### FROM YOUR BOX

RED QUINOA	200g
LEMON	1
GARLIC CLOVES	2
CHICKEN MINCE	600g
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 18 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 1 garlic clove. Add garlic and 1/2 lemon zest (reserve remaining for step 5) 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, grate zucchini and crush remaining garlic. Add onion to pan along with **3 tsp fennel seeds** and cook for 3 minutes. Add zucchini and 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 **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 0481 072 599 or send an email to hello@dinnertwist.com.au



