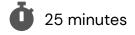






# **Poached Chicken Waldorf Bowl**

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.







# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

43g

36g

### FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
CHICKEN BREAST FILLETS	600g
AIOLI	100g
RED GRAPES	100g
CELERY STICKS	2
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.



## 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 breasts into a frypan or saucepan with 1 tbsp 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 2-3 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 reserved **cooking liquid** 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.



