



### 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



4 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 |
|------------|---------|-----------|---------------|
|            | 43g     | 29g       | 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.

**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](mailto:hello@dinnertwist.com.au)

