



### 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



4 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
	54g	8g	37g

## FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
BEETROOTS	3
RED ONION	1
CHICKEN BREAST FILLETS	600g
BAVARIAN MUSTARD	2 jars
ROCKET LEAVES	1 bag (120g)

## 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, 1 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, **1/4 cup 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**

