



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Walnuts

Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



2 Chicken Kebabs with Italian Rice Salad

The sweetness of grapes turn this Italian-style rice salad into something special. Along with tomatoes and walnuts, this is a salad you will make again and again.

 30 minutes

 2 servings

 Chicken

10 December 2021

Mix it up!

Keep all of the salad ingredients separate for fussy eaters and toss the rice with 2 tbsp dressing. You could add some bocconcini or feta to the salad for some extra flavour.

FROM YOUR BOX

BROWN RICE	150g
SHALLOT	1
DIJON MUSTARD	1 jar (23g)
CHICKEN TENDERLOINS	300g
CHERRY TOMATOES	1 bag (200g)
GREEN BEANS	1 bag (150g)
GRAPES	1 bag (100g)
WALNUTS	1 packet (50g)
PARSLEY	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, Italian herbs (or other dried herb), red wine vinegar

KEY UTENSILS

large frypan, saucepan, skewers (optional)

NOTES

If the dressing is too tart for little tastebuds you can add a little sweetener of choice.

The chicken can also be cooked on the barbecue.

You can add the sliced beans to the rice for the last 2-3 minutes of cooking if you prefer them soft.



1. COOK THE RICE

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



2. MAKE THE DRESSING

Finely dice shallot. Place into a bowl with mustard, **3 tbsp olive oil**, **2 tbsp vinegar**, **2 tbsp water**, **salt and pepper**. Whisk together (see notes).



3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Rub tenderloins with **1 tsp Italian herbs**, **oil and salt**. Thread onto skewers (optional) and cook for 4-5 minutes each side or until cooked through (see notes).



4. PREPARE THE SALAD

Halve or quarter cherry tomatoes, thinly slice beans (see notes) and halve grapes. Chop walnuts and parsley. Place all into a large bowl.



5. TOSS THE SALAD

Add rice and 2 tbsp dressing to bowl with the prepared vegetables. Mix well and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve salad onto plates and top with chicken. Spoon over remaining dressing to taste.

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

