



### Product Spotlight: Beetroot

Beets are high in vitamin C (immune-boosting), fibre and potassium (minerals essential for healthy nerve and muscle function) and are one of the ten most antioxidant-rich vegetables!



## BBQ Chicken with Almonds

### Brown Rice and Quinoa Salad

Chicken thigh fillets barbecued with lemon zest, served in a fresh salad of avocado, brown rice and quinoa, grated beetroot, fresh rocket leaves and almonds, tossed in a barbecued lemon dressing.



25 minutes



2 servings



Chicken

## Get Outdoors!

*If you BBQ your chicken thighs and lemon, you can prepare this whole meal outdoors! Enjoy the warmth and the opportunity to spend the evening outdoors with the family.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	42g	52g	54g

## FROM YOUR BOX

LEMON	1
CHICKEN THIGH FILLETS	300g
AVOCADO	1
LEBANESE CUCUMBER	1
BEETROOT	1
ALMONDS	1 packet
PRE-COOKED BROWN RICE + QUINOA	1 packet
ROCKET LEAVES	60g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, white wine vinegar

## KEY UTENSILS

BBQ (or griddle pan)

## NOTES

Toast almonds in a dry frypan for extra flavour.

Add beetroot to serve at the end to stop the colour bleeding into the other ingredients.



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### 1. BBQ THE CHICKEN

Zest and halve lemon. Coat chicken with **oil**, lemon zest, **salt and pepper**. Heat BBQ over medium-high heat. Add lemon, cut-side down, and chicken. Cook chicken for 8-10 minutes each side until cooked through. Remove lemon from BBQ when grill marks appear.



### 4. TOSS THE SALAD

Add brown rice and quinoa mix to dressing bowl along with rocket, avocado, cucumber and beetroot (see notes).



### 2. PREPARE THE INGREDIENTS

Slice avocado, crescent cucumber and grate beetroot. Chop almonds (see notes).



### 5. FINISH AND SERVE

Divide salad among shallow bowls. Serve with chicken thigh fillets. Sprinkle over almonds.



### 3. MAKE THE DRESSING

Add juice from barbecued lemon to a large bowl along with **3 tsp olive oil**, **1 tsp honey**, **1 tbsp vinegar**, **salt and pepper**. Whisk to combine.

**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**

