



Product Spotlight: Quinoa

Quinoa is a superfood seed; cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



Lemon Chicken with Green Quinoa

Chicken schnitzels cooked in lemon pepper served over quinoa tossed with sautéed green vegetables and finished with a lemon dressing and almonds.



25 minutes



2 servings



Chicken

Switch it up!

Use parsley, almonds and lemon to make a pesto! Toss the pesto through the cooked vegetables and quinoa.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	45g	60g

FROM YOUR BOX

WHITE QUINOA	100g
LEMON	1
CHICKEN SCHNITZELS	300g
BROCCOLI	1
PARSLEY	1 packet
GARLIC CLOVE	1
SNOW PEAS	150g
NATURAL ALMONDS	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, honey (see notes)

KEY UTENSILS

saucepan, large frypan

NOTES

You can substitute honey for maple syrup, sugar or coconut sugar.

Instead of lemon pepper you can use a dried herb such as oregano or rosemary, alternatively a spice like cumin!



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1. COOK THE QUINOA

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 it down in a sieve to squeeze out excess liquid.



4. SAUTÉ THE VEGETABLES

Meanwhile, finely chop broccoli and parsley, crush garlic and slice snow peas.

When chicken is ready add broccoli, lemon zest and garlic to pan (add extra **oil** to pan if needed). Sauté for 2 minutes. Stir in snow peas and parsley.



2. MAKE THE LEMON DRESSING

Zest lemon and set zest aside for step 4.

Juice lemon and add to a bowl with **2 tsp honey, 1/4 cup olive oil, 2 tbsp water, salt and pepper**. Whisk to combine.



5. ADD THE QUINOA

Add drained quinoa to vegetables. Cook for 2 minutes to warm through. Remove from heat and add lemon dressing. Stir to combine and season to taste with **salt and pepper**.



3. COOK THE SCHNITZELS

Heat a large frypan over medium-high heat. Coat schnitzels in **oil, 2 tsp lemon pepper and salt** (see notes). Add to pan and cook for 4–5 minutes each side until cooked through. Remove to a plate and keep pan over heat (see step 4).



6. FINISH AND SERVE

Roughly chop almonds.

Divide quinoa among plates. Serve with chicken schnitzels. Sprinkle over almonds.

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