

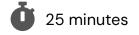


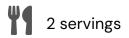


BBQ Chicken Bowl

With Lemon Dressing and Toasted Almonds

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.







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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

7g 3:

32g

52g

FROM YOUR BOX

LEMON	1
CHICKEN THIGH FILLETS	300g
AVOCADO	1
LEBANESE CUCUMBER	1
BEETROOT	1
ALMONDS	40g
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.



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.



2. PREPARE THE INGREDIENTS

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



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.



4. TOSS THE SALAD

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



5. FINISH AND SERVE

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







