



Product Spotlight: Feta Cheese

Feta cheese is lower in calories and fat than many other cheeses and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.



Chicken and Feta Bake

with Mixed Quinoa

Chicken tenderloins baked with cherry tomatoes and feta cheese to make a creamy sauce, tossed through mixed quinoa with crushed garlic.



35 minutes



2 servings



Chicken

Top it!

Garnish the finished dish with fresh herbs such as oregano, parsley or basil. You could also top it with toasted pine nuts, walnuts, almonds or seed mix for crunch!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 61g | 54g | 38g |

FROM YOUR BOX

| | |
|---------------------|------|
| MIXED QUINOA | 100g |
| BROCCOLI | 1 |
| GREEN CAPSICUM | 1 |
| FETA CHEESE | 200g |
| CHERRY TOMATOES | 200g |
| CHICKEN TENDERLOINS | 300g |
| GARLIC CLOVE | 1 |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

saucepan, oven dish

NOTES

Drain quinoa for at least 5 minutes or press down in a sieve to squeeze out excess liquid.



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 (see notes).



2. PREPARE THE VEGETABLES

Cut broccoli into florets. Roughly chop capsicum. Quarter feta block. Add to a lined oven dish with cherry tomatoes, **1/2 cup olive oil, salt and pepper.**



3. ADD THE CHICKEN & BAKE

Coat chicken with **oil, 1 tsp oregano, salt and pepper.** Place on top of vegetables and feta. Bake for 15–20 minutes until chicken is cooked through.



4. MAKE THE SAUCE

Remove chicken from oven dish. Crush garlic clove directly into oven dish and sprinkle over **2 tsp oregano.** Use a fork to squash tomatoes and feta to make a sauce. Mix to combine.



5. MIX THE QUINOA

Add quinoa to oven dish. Mix to combine. Season to taste with **salt and pepper.**



6. FINISH AND SERVE

Add chicken back to the oven dish and serve tableside.



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