


### Product Spotlight: Quinoa


Quinoa is gluten-free, high in protein and one of the only plant foods to contain all nine essential amino acids.




## Crunchy Quinoa & Chicken

Crispy roasted quinoa topped with juicy lemon-oregano chicken schnitzels, creamy avocado and massaged kale, finished with a bright green herb and chilli yoghurt sauce.

 35 minutes

 Chicken

 2 servings

## Switch it up!

*For a more hands-off method, oven-bake the chicken on a lined over tray for 12–15 minutes instead of pan-frying.*

Per serve: **PROTEIN** 48g **TOTAL FAT** 32g **CARBOHYDRATES** 43g

## FROM YOUR BOX

MIXED ORGANIC QUINOA	100g
SPRING ONIONS	1 bunch
PARSLEY	1 packet
GARLIC CLOVE	1
GREEN CHILLI	1
NATURAL YOGHURT	170g
LEMON	1
CHICKEN SCHNITZELS	300g
KALE	1 bunch
AVOCADO	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

frypan, saucepan, oven tray, stick mixer

## NOTES

Remove chilli seeds for a milder heat. If desired, omit chilli from the sauce. Slice and serve as a garnish.

Spread quinoa as thinly as possible on the oven tray. This will give you even cooking and speed up the time!



### 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. Drain **quinoa** for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



### 2. MAKE THE SAUCE

Roughly chop **spring onion green tops**, **parsley** (including tender stems), **garlic** and **chilli** (see notes). Add to a jug along with **yoghurt**. Use a stick mixer to blend to smooth sauce. Season with **salt and pepper**.



### 3. ROAST THE QUINOA

Tip **quinoa** onto a lined oven tray (see notes). Drizzle well with **olive oil** and season with **salt and pepper**, toss to coat. Bake for 10 minutes. Remove from oven and toss **quinoa**. Return to oven and roast for further 10 minutes or until it begins to crisp.



### 4. COOK THE CHICKEN

Coat **chicken** with **oil**, **lemon zest** (reserve remaining lemon for step 5), **2 tsp oregano**, **salt and pepper**. Heat a large frypan over medium–high heat. Add **chicken** and cook for 4–5 minutes each side or until cooked through.



### 5. MAKE THE SALAD

Thinly slice **spring onions**, remove **kale leaves** from stems and thinly slice. Add to a large bowl as you go along with **juice** from **1/2 lemon** (wedge remaining) and **1/4 cup sauce**. Massage **sauce** into the **kale** for 1–2 minutes to tenderise. Slice **avocado**.



### 6. FINISH AND SERVE

Divide **crunchy quinoa**, **salad**, **avocado** and **chicken** among plates. Drizzle over extra **sauce** and serve with **lemon wedges**.

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