



### Product Spotlight: Avocado

Avocados contain more potassium than bananas and nutrient-rich fats that help you feel fuller for longer.

They are also a good source of vitamins E, C, B6, folate and niacin.



## Peri Peri Chicken Bowl

### with Avocado Cream

Chicken tenderloins marinated in homemade peri peri sauce and served over organic white quinoa with charred corn kernels, kale coleslaw and a lemon coriander avocado cream.

 25 minutes

 2 servings

 Chicken

## Switch it up!

*Skip making the avocado cream. Dice the avocado and chop the coriander to serve.*

*Use the lemon to make a zingy vinaigrette.*

Per serve: **PROTEIN** 50g **TOTAL FAT** 34g **CARBOHYDRATES** 56g

## FROM YOUR BOX

ORGANIC WHITE QUINOA	100g
LEMON	1
CORIANDER	1 packet
AVOCADO	1
CHICKEN TENDERLOINS	300g
CORN COB	1
KALE COLESLAW	400g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, sweet chilli sauce, dried rosemary, smoked paprika, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

## NOTES

Bump up the heat by adding hot sauce, ground chilli or dried chilli flakes to your marinade.

Dress the kale coleslaw with vinegar and olive oil if desired.



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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 down in a sieve to squeeze out excess liquid.



### 4. COOK THE CORN

Heat a frypan over medium–high heat with **oil**. Remove corn kernels from cobs. Cook in frypan over medium–high heat for 3–4 minutes, or until charred. Remove from pan and keep pan over heat.



### 2. MAKE THE AVO CREAM

Zest lemon. Add 1/2 lemon zest, coriander root and stems (reserve leaves for garnish), avocado, **2–3 tbsp water, salt and pepper** to a jug. Use a stick mixer to blend to smooth cream. Add more water if needed to achieve desired texture.



### 5. COOK THE CHICKEN

Add extra **oil** to reserved pan if needed. Add chicken and cook for 4–5 minutes each side until cooked through.



### 3. MARINATE THE CHICKEN

Combine remaining lemon zest, **1 tbsp sweet chilli sauce, 1/2 tbsp oil, 1/2 tbsp rosemary, 1 tsp paprika, 1 tsp soy sauce and pepper**. Mix to combine and add chicken to coat (see notes).



### 6. FINISH AND SERVE

Divide quinoa among bowls. Top with kale coleslaw (see notes), charred corn and chicken. Dollop on avocado cream and garnish with reserved coriander leaves.

**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**

