



Product Spotlight: Millet

Millet is a naturally gluten-free grain, high in protein and fibre. It also contains polyphenols – plant compounds that act as antioxidants.



Portuguese Chicken with Herby Tossed Millet

Chicken schnitzels marinated in spiced yoghurt, served with thyme-roasted vegetables and millet tossed in parsley and lemon, finished with chopped almonds.



35 minutes



2 servings



Chicken

BBQ it!

As the weather starts warming up, we can dust off the BBQs. Cut shallot and capsicum into strips and season. Cook them and the chicken on the BBQ until the veggies are tender and the chicken is cooked through. Alternatively, make skewers!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	20g	55g

FROM YOUR BOX

MILLET	100g
SHALLOT	1
CARROTS	2
RED CAPSICUM	1
LEMON	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
CAJUN SPICE MIX	1 packet
CHICKEN SCHNITZELS	300g
PARSLEY	1 packet
ALMONDS	40g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

Drain millet for minimum 5 minutes or press down in sieve to squeeze out excess liquid.

Toast almonds in a frypan if preferred.

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne



1. COOK THE MILLET

Set oven to 220°C.

Place **millet** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse (see notes).



2. ROAST THE VEGETABLES

Peel and wedge **shallot**, dice **carrots** and chop **capsicum**. Toss on a lined oven tray with **oil**, **1 1/2 tsp thyme**, **salt** and **pepper**. Roast for 10 minutes (see step 4).



3. PREPARE THE CHICKEN

Zest **lemon** to yield **2 tsp** and crush **garlic**. Combine with **1 tbsp yoghurt**, **cajun spice mix**, **1 tbsp oil**, **salt** and **pepper**. Add **chicken** and toss to coat.



4. COOK THE CHICKEN

Add **chicken** to oven tray with **vegetables**. Cook for a further 10–12 minutes or until **vegetables** are tender and **chicken** is cooked through.



5. TOSS THE MILLET

Chop **parsley** (including tender stems). Add to a large bowl along with **millet** and **roasted vegetables**. Squeeze in **juice from 1/2 lemon** (wedge remaining). Season with **salt** and **pepper** and toss to combine.



6. FINISH AND SERVE

Slice **chicken** and roughly chop **almonds** (see notes).

Divide **millet** among plates. Top with **chicken slices**. Dollop on remaining **yoghurt**, sprinkle over **almonds** and serve with **lemon wedges**.



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