




Product Spotlight: Quinoa


Quinoa is a superfood seed cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



Spiced Chicken with Tabbouleh and Eggplant Puree

Chicken tenderloins pan-fried and served with a homemade lemon and garlic-flavoured eggplant dip and fresh, herby quinoa tabbouleh.

 35 minutes

 2 servings

 Chicken

Switch it up!

*Dice and roast the eggplant.
Toss through the quinoa tabbouleh.
Add feta cheese or dip of your
choice to serve!*

Per serve: **PROTEIN** 45g **TOTAL FAT** 6g **CARBOHYDRATES** 35g

FROM YOUR BOX

WHITE QUINOA	100g
EGGPLANT	1
TOMATO	1
LEBANESE CUCUMBER	1
PARSLEY	1 packet
LEMON	1
GARLIC CLOVES	2
CHICKEN TENDERLOINS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander

KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer

NOTES

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

Add 1/2-1 tbsp water to loosen your puree to desired consistency. If your eggplant is on the larger side, use 1 tbsp.



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). Return to saucepan.



2. ROAST THE EGGPLANT

Quarter **eggplant**. Place on a lined oven tray. Coat with **oil, salt and pepper**. Roast for 15-20 minutes until **eggplant** is tender.



3. MAKE QUINOA TABBULEH

Dice **tomato** and **cucumber** and finely chop **parsley leaves** (and tender stems). Add to drained **quinoa** along with **zest and juice from 1/2 lemon, 1 crushed garlic clove, salt and pepper**. Mix well to combine.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat **chicken** with **oil, 1 tsp coriander, salt and pepper**. Add to pan and cook for 4-6 minutes each side until cooked through.



5. MAKE THE EGGPLANT PUREE

Meanwhile, place **roasted eggplant** in a jug along with **1 tbsp olive oil, remaining lemon juice and 1 crushed garlic clove**. Use a stick mixer to blend to a smooth consistency (see notes). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Spoon **eggplant puree** into the base of shallow bowls. Top with **quinoa tabbouleh** and serve with **chicken tenderloins**.



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