



### 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	TOTAL FAT	CARBOHYDRATES
	45g	11g	56g

## 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 TABBOULEH

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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