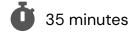


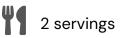


## Spiced Chicken with Tabbouleh

### and Eggplant Puree

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







# 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 11

11g

56g

#### FROM YOUR BOX

WHITE QUINOA	100g
EGGPLANT	1
ТОМАТО	1
LEBANESE CUCUMBER	1
PARSLEY	1 packet
PARSLEY LEMON	1 packet
	•
LEMON	1

#### 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 <u>1 crushed garlic clove</u>. Use a stick mixer to blend to a smooth consistency (see notes). Season to taste



#### 6. FINISH AND SERVE

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

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



