



Product Spotlight: Beetroot

Beets are high in vitamin C (immune-boosting), fibre and potassium (minerals essential for healthy nerve and muscle function) and are one of the ten most antioxidant-rich vegetables!



BBQ Chicken Bowl

With Lemon Dressing and Toasted Almonds

Chicken thigh fillets barbecued with lemon zest, served in a fresh salad of avocado, brown rice and quinoa, grated beetroot, fresh rocket leaves and almonds, tossed in a barbecued lemon dressing.



25 minutes



4 servings



Chicken

Get Outdoors!

If you BBQ your chicken thighs and lemon, you can prepare this whole meal outdoors! Enjoy the warmth and the opportunity to spend the evening outdoors with the family.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	33g	29g

FROM YOUR BOX

LEMON	1
CHICKEN THIGH FILLETS	600g
AVOCADO	1
LEBANESE CUCUMBERS	2
BEETROOT	1
ALMONDS	1 packet
PRE-COOKED BROWN RICE + QUINOA	1 packet
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, white wine vinegar

KEY UTENSILS

BBQ (or griddle pan)

NOTES

Toast almonds in a dry frypan for extra flavour.

Add beetroot to serve at the end to stop the colour bleeding into the other ingredients.



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1. BBQ THE CHICKEN

Zest and halve **lemon**. Coat **chicken** with **oil**, lemon zest, **salt and pepper**. Heat BBQ over medium-high heat. Add lemon, cut-side down, and chicken. Cook chicken for 8-10 minutes each side until cooked through. Remove lemon from BBQ when grill marks appear.



4. TOSS THE SALAD

Add **brown rice and quinoa mix** to dressing bowl along with **rocket**, avocado, cucumber and beetroot (see notes).



2. PREPARE THE INGREDIENTS

Slice **avocado**, crescent **cucumbers** and grate **beetroot**. Chop **almonds** (see notes).



5. FINISH AND SERVE

Divide salad among shallow bowls. Serve with chicken thigh fillets. Sprinkle over almonds.



3. MAKE THE DRESSING

Add juice from barbecued lemon to a large bowl along with **1/4 cup olive oil**, **2 tsp honey**, **1 1/2 tbsp vinegar**, **salt and pepper**. Whisk to combine.

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**

