



Product Spotlight: Pepita Seeds

Pepitas are the edible seeds of a pumpkin without the shell and are a good source of protein!



Green Goddess Chicken

Lightly spiced chicken breast on a brown rice salad with fresh mesclun leaves, charred broccoli and cucumber, drizzled with green goddess yoghurt dressing and sprinkled with toasted pepita seeds.



30 minutes



4 servings



Chicken

Add to the green!

You can add fresh parsley, mint or coriander to blend with the yoghurt if you have some. Add an avocado or roast zucchini to the salad for extra serves.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 38g | 20g | 39g |

FROM YOUR BOX

| | |
|----------------------|----------|
| BROWN RICE | 150g |
| BASIL | 1 packet |
| LEMON | 1 |
| NATURAL YOGHURT | 1 tub |
| PEPITA SEEDS | 1 packet |
| LEBANESE CUCUMBER | 1 |
| MESCLUN LEAVES | 120g |
| BROCCOLI | 1 |
| DICED CHICKEN BREAST | 600g |

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

You can reserve some lemon zest to coat the chicken.

Wipe out pan with paper towel if needed.



1. COOK THE RICE

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



2. PREPARE THE DRESSING

Blend together **basil leaves**, **1/2 lemon juice** (wedge remaining), **yoghurt** and **1 tbsp water** using a stick mixer or blender (see notes). Season with **salt and pepper**. Set aside.



3. PREPARE THE COMPONENTS

Add **pepita seeds** to a dry frypan over medium-high heat. Toast for 3–5 minutes until golden. Slice **cucumber**. Set aside with **mesclun leaves**.



4. COOK THE BROCCOLI

Heat a frypan over medium-high heat with **oil**. Cut **broccoli** into small florets. Add to pan to cook for 5 minutes until charred. Pour in **1/4 cup water** and cook for a further 3 minutes until tender. Remove from pan (see notes).



5. COOK THE CHICKEN

Coat **chicken** with **1 tbsp ground coriander**, **oil**, **salt and pepper**. Add to pan and cook for 6–8 minutes or until cooked through.



6. FINISH AND SERVE

Toss **rice**, **broccoli**, **mesclun leaves** and **cucumber** together. Arrange among bowls and top with **chicken**. Spoon over dressing to taste and sprinkle with **pepita seeds**. Serve with **lemon wedges**.



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