



Product Spotlight: Avocado

Avocados contain more potassium than bananas and nutrient-rich fats that help you feel fuller for longer. They are also a good source of vitamins E, C, B6, folate and niacin.



Peri Peri Chicken Bowl with Avocado Cream

Chicken tenderloins marinated in homemade peri peri sauce and served over organic white quinoa with charred corn kernels, kale coleslaw and a lemon coriander avocado cream.

25 minutes

4 servings

Chicken

Switch it up!

Skip making the avocado cream. Dice the avocado and chop the coriander to serve. Use the lemon to make a zingy vinaigrette.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	20g	51g

FROM YOUR BOX

ORGANIC WHITE QUINOA	200g
LEMON	1
CORIANDER	1 packet
AVOCADO	1
CHICKEN TENDERLOINS	600g
CORN COBS	2
KALE COLESLAW	400g

FROM YOUR PANTRY

oil for cooking, salt, pepper, sweet chilli sauce, dried rosemary, smoked paprika, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

NOTES

Bump up the heat by adding hot sauce, ground chilli or dried chilli flakes to your marinade.

Dress the kale coleslaw with vinegar and olive oil if desired.



1. COOK THE QUINOA

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



2. MAKE THE AVO CREAM

Zest lemon. Add 1/2 lemon zest, coriander root and stems (reserve leaves for garnish), avocado, **2–3 tbsp water, salt and pepper** to a jug. Use a stick mixer to blend to smooth cream. Add more water if needed to achieve desired texture.



3. MARINATE THE CHICKEN

Combine remaining lemon zest, 2 tbsp sweet chilli sauce, 1 tbsp oil, 1 tbsp rosemary, 2 tsp paprika, 2 tsp soy sauce and pepper. Mix to combine and add chicken to coat (see notes).



4. COOK THE CORN

Heat a frypan over medium–high heat with **oil**. Remove corn kernels from cobs. Cook in frypan over medium–high heat for 3–4 minutes, or until charred. Remove from pan and keep pan over heat.



5. COOK THE CHICKEN

Add extra **oil** to reserved pan if needed. Add chicken and cook for 4–5 minutes each side until cooked through.



6. FINISH AND SERVE

Divide quinoa among bowls. Top with kale coleslaw (see notes), charred corn and chicken. Dollop on avocado cream and garnish with reserved coriander leaves.



Scan the QR code to submit a Google review!

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**

