



### Product Spotlight: Millet

Millet is gluten-free and rich in protein and fibre. It contains large amounts of polyphenols which act as antioxidants and may help prevent heart disease, cancers and diabetes.



## Portuguese Chicken with Herby Tossed Millet

Chicken schnitzels marinated in spiced yoghurt, served with thyme-roasted vegetables and millet tossed in parsley and lemon, finished with chopped almonds.



35 minutes



4 servings



Chicken

### BBQ it!

*As the weather starts warming up, we can dust off the BBQs! Cut shallot and capsicum into strips and season. Cook them and the chicken on the BBQ until veggies are tender and the chicken cooked is through. Alternatively, make skewers!*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	43g	12g	25g

## FROM YOUR BOX

MILLET	200g
SHALLOT	1
CARROTS	3
RED CAPSICUM	1
LEMON	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
CHICKEN SCHNITZELS	600g
PARSLEY	1 packet
ALMONDS	40g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, cajun seasoning (see notes)

## KEY UTENSILS

frypan, saucepan, oven tray

## NOTES

If you don't have cajun seasoning, you can make a spice mix using smoked paprika, dried thyme, ground garlic and cayenne pepper.

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

Toast almonds in a frypan if preferred.



### 1. COOK THE MILLET

Set oven to 220°C.

Place millet in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse (see notes).



### 2. ROAST THE VEGETABLES

Wedge shallot, dice carrots and chop capsicum. Toss on a lined oven tray with **oil, 2 tsp thyme, salt and pepper**. Roast for 20 minutes.



### 3. PREPARE THE CHICKEN

Zest lemon and crush garlic clove. Combine with 2 tbsp yoghurt, **2 tsp cajun seasoning, salt and pepper**. Add chicken and toss to coat.



### 4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Add chicken and cook for 4-5 minutes each side until cooked through.



### 5. TOSS THE MILLET

Chop parsley. Add to a large bowl along with millet and roasted vegetables. Squeeze in juice from 1/2 lemon (wedge remaining). Season with **salt and pepper** and toss to combine.



### 6. FINISH AND SERVE

Slice chicken and roughly chop almonds (see notes).

Divide millet among plates. Top with chicken slices. Dollop on remaining yoghurt, sprinkle over almonds and serve with lemon wedges.



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