

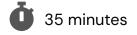




Portuguese Chicken

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.







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!

PROTEIN TOTAL FAT CARBOHYDRATES

35g 30g

67g

FROM YOUR BOX

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

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

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.

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne



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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

Peel and wedge **shallot**, dice **carrots** and chop **capsicum**. Toss on a lined oven tray with **oil**, **2 tsp thyme**, **salt and pepper**. Roast for 10 minutes (see step 4).



3. PREPARE THE CHICKEN

Zest lemon and crush garlic. Combine with 2 tbsp yoghurt, cajun spice mix, 2 tbsp oil, salt and pepper. Add chicken and toss to coat.



4. COOK THE CHICKEN

Add **chicken** to oven tray with **vegetables**. Cook for a further 10 minutes or until vegetables are tender and chicken is cooked through.



5. TOSS THE MILLET

Chop parsley (including tender stems). 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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