





**Product Spotlight:
Quinoa**

Quinoa is a superfood seed cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



Spiced Chicken with Tabbouleh and Eggplant Puree

Chicken tenderloins pan-fried and served with a homemade lemon and garlic-flavoured eggplant dip and fresh, herby quinoa tabbouleh.

 35 minutes  4/6 servings  Chicken

Switch it up!

*Dice and roast the eggplant.
Toss through the quinoa tabbouleh.
Add feta cheese or dip of your choice to serve!*

Per serve: **PROTEIN** 45g **TOTAL FAT** 6g **CARBOHYDRATES** 35g

FROM YOUR BOX

	4 PERSON	6 PERSON
WHITE QUINOA	200g	200g + 100g
EGGPLANT	1	2
TOMATOES	2	3
LEBANESE CUCUMBERS	2	3
PARSLEY	1 packet	2 packets
LEMON	1	2
GARLIC CLOVES	2	3
CHICKEN TENDERLOINS	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, ground coriander

KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer

NOTES

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

Add 1/2-1 tbsp water to loosen your puree to desired consistency. If your eggplant is on the larger side, use 1 tbsp.



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1. COOK THE QUINOA

Set oven to 220°C.

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 (see notes). Return to saucepan.



2. ROAST THE EGGPLANT

Quarter **eggplant**. Place on a lined oven tray. Coat with **oil, salt and pepper**. Roast for 15-20 minutes until **eggplant** is tender.



3. MAKE QUINOA TABBULEH

Dice **tomato** and **cucumber** and finely chop **parsley** leaves (and tender stems). Add to drained **quinoa** along with **zest and juice from 1/2 lemon, 1 crushed garlic clove, 2 tsp vinegar, salt and pepper**. Mix well to combine.

6P - use zest and juice from 1 lemon, 1 crushed garlic clove and 3 tsp vinegar.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat **chicken** with **oil, 2-3 tsp coriander, salt and pepper**. Add to pan and cook for 4-6 minutes each side until cooked through.



5. MAKE THE EGGPLANT PUREE

Meanwhile, place **roasted eggplant** in a jug along with **1 tbsp olive oil, remaining lemon juice and 1 crushed garlic clove**. Use a stick mixer to blend to smooth consistency (see notes). Season to taste.

6P - use 2 tbsp olive oil, juice from 1 lemon and 2 crushed garlic cloves.



6. FINISH AND SERVE

Spoon **eggplant puree** into the base of shallow bowls. Top with **quinoa tabbouleh** and serve with **chicken tenderloins**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

