



Product Spotlight: Beetroot

Beets are high in vitamin C (immune-boosting), fibre and potassium (minerals essential for healthy nerve and muscle function) and are one of the ten most antioxidant-rich vegetables!



BBQ Chicken Bowl

With Lemon Dressing and Toasted Almonds

Chicken thigh fillets barbecued with lemon zest, served in a fresh salad of avocado, brown rice and quinoa, grated beetroot, fresh rocket leaves and almonds, tossed in a barbecued lemon dressing.



25 minutes



4/6 servings



Chicken

Get Outdoors!

If you BBQ your chicken thighs and lemon, you can prepare this whole meal outdoors! Enjoy the warmth and the opportunity to spend the evening outdoors with the family.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	33g/35g	25g/28g	36g/40g

FROM YOUR BOX

	4 PERSON	6 PERSON
LEMON	1	2
CHICKEN THIGHS	600g	600g + 300g
AVOCADO	1	2
LEBANESE CUCUMBERS	2	3
BEETROOT	1	2
ALMONDS	40g	2 x 40g
PRE-COOKED BROWN RICE + QUINOA	1 packet	2 packets
ROCKET LEAVES	120g	120g+60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, white wine vinegar

KEY UTENSILS

BBQ (or griddle pan)

NOTES

Toast almonds in a dry frypan for extra flavour.

Add beetroot to serve at the end to stop the colour bleeding into the other ingredients.



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1. BBQ THE CHICKEN

Zest and halve lemon. Coat **chicken** with **oil, lemon zest, salt and pepper**. Heat BBQ over medium-high heat. Add **lemon**, cut-side down, and **chicken**. Cook **chicken** for 8-10 minutes each side until cooked through. Remove **lemon** from BBQ when grill marks appear.



4. TOSS THE SALAD

Add **brown rice and quinoa mix** to dressing bowl along with **rocket, avocado, cucumber and beetroot** (see notes).



2. PREPARE THE INGREDIENTS

Slice **avocado**, crescent **cucumbers** and grate **beetroot**. Chop **almonds** (see notes).



3. MAKE THE DRESSING

Add **juice from barbecued lemon** to a large bowl along with **1/4 cup olive oil, 2 tsp honey, 1 1/2 tbsp vinegar, salt and pepper**. Whisk to combine.

6P – add **1/3 cup olive oil, 3 tsp honey, 2 tbsp vinegar**.



5. FINISH AND SERVE

Divide **salad** among shallow bowls. Serve with **chicken thigh fillets**. Sprinkle over **almonds**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

