

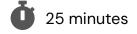




BBQ Chicken Bowl

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.







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.

TOTAL FAT CARBOHYDRATES 25g/28g 36g/40g

4/6 Person:

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.





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.



2. PREPARE THE INGREDIENTS

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



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.



4. TOSS THE SALAD

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



5. FINISH AND SERVE

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





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