



Product Spotlight: Feta Cheese

Feta cheese is lower in calories and fat than many other cheeses and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.



Chicken and Feta Bake

with Mixed Quinoa

Chicken tenderloins baked with cherry tomatoes and feta cheese to make a creamy sauce, tossed through mixed quinoa with crushed garlic.



35 minutes



4/6 servings



Chicken

Top it!

Garnish the finished dish with fresh herbs such as oregano, parsley or basil. You could also top it with toasted pine nuts, walnuts, almonds or seed mix for crunch!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	56g/62g	17g/24g	29g/36g

FROM YOUR BOX

	4 PERSON	6 PERSON
MIXED QUINOA	200g	200g + 100g
BROCCOLI	1	1
GREEN CAPSICUM	1	2
FETA CHEESE	200g	2 x 200g
CHERRY TOMATOES	2 x 200g	3 x 200g
CHICKEN TENDERLOINS	600g	600g + 300g
GARLIC CLOVES	2	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

saucepan, oven dish

NOTES

Drain quinoa for at least 5 minutes or press down in a sieve to squeeze out excess liquid.



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).



2. PREPARE THE VEGETABLES

Cut **broccoli** into florets. Roughly chop **capsicum**. Quarter **feta** block. Add to a lined oven dish with **cherry tomatoes**, **1/2 cup olive oil**, **salt** and **pepper**.



3. ADD THE CHICKEN & BAKE

Coat **chicken** with **oil**, **2–3 tsp oregano**, **salt** and **pepper**. Place on top of **vegetables** and **feta**. Bake for 15–20 minutes until **chicken** is cooked through.



4. MAKE THE SAUCE

Remove **chicken** from oven dish. Crush **garlic cloves** directly into oven dish and sprinkle over **3–4 tsp oregano**. Use a fork to squash **tomatoes** and **feta** to make a sauce. Mix to combine.



5. MIX THE QUINOA

Add **quinoa** to oven dish. Mix to combine. Season to taste with **salt** and **pepper**.



6. FINISH AND SERVE

Add **chicken** back to the oven dish and serve tableside.



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