



**Product Spotlight:
Quinoa**

Quinoa is gluten-free, high in protein and one of the only plant foods to contain all nine essential amino acids.



Crunchy Quinoa & Chicken

Crispy roasted quinoa topped with juicy lemon-oregano chicken schnitzels, creamy avocado and massaged kale, finished with a bright green herb and chilli yoghurt sauce.

35 minutes

Chicken

4/6 servings

Switch it up!

For a more hands-off method, oven-bake the chicken on a lined over tray for 12-15 minutes instead of pan-frying.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	49g	29g	42g/46g

FROM YOUR BOX

	4 PERSON	6 PERSON
MIXED ORGANIC QUINOA	200g	200g + 100g
SPRING ONIONS	1 bunch	2 bunches
PARSLEY	1 packet	2 packets
GARLIC CLOVE	1	2
GREEN CHILLI	1	2
NATURAL YOGHURT	170g	2x 170g
LEMON	1	2
CHICKEN SCHNITZELS	600g	600g + 300g
KALE	1 bunch	1 bunch
AVOCADOS	2	3

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

frypan, saucepan, oven tray, stick mixer

NOTES

Remove chilli seeds for a milder heat. If desired, omit chilli from the sauce. Slice and serve as a garnish.

Spread quinoa as thinly as possible on the oven tray. This will give you even cooking and speed up the time!



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



4. COOK THE CHICKEN

Coat **chicken** with **oil**, **lemon zest** (reserve remaining lemon for step 5), **2 tsp oregano**, **salt and pepper**. Heat a large frypan over medium-high heat. Add **chicken** and cook for 4–5 minutes each side or until cooked through.

6P - coat chicken with lemon zest, 3 tsp oregano, salt and pepper.



2. MAKE THE SAUCE

Roughly chop **spring onion green tops**, **parsley** (including tender stems), **garlic** and **chilli** (see notes). Add to a jug along with **yoghurt**. Use a stick mixer to blend to smooth sauce. Season with **salt and pepper**.



5. MAKE THE SALAD

Thinly slice **spring onions**, remove **kale leaves** from stems and thinly slice. Add to a large bowl as you go along with **juice** from **1/2 lemon** (wedge remaining) and **1/4 cup sauce**. Massage **sauce** into the **kale** for 1–2 minutes to tenderise. Slice **avocados**.

6P - add juice from 1 lemon.



3. ROAST THE QUINOA

Tip **quinoa** onto a lined oven tray (see notes). Drizzle well with **olive oil** and season with **salt and pepper**, toss to coat. Bake for 10 minutes. Remove from oven and toss **quinoa**. Return to oven and roast for further 10 minutes or until it begins to crisp.



6. FINISH AND SERVE

Divide **crunchy quinoa**, **salad**, **avocado** and **chicken** among plates. Drizzle over extra **sauce** and serve with **lemon wedges**.

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