



**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.



**Lemon Chicken
with Green Quinoa**

Chicken schnitzels cooked in lemon pepper served over quinoa and sautéed green vegetables with a lemon dressing and almonds.

Switch it up!

Use parsley, almonds and lemon to make a pesto! Toss the pesto through the cooked vegetables and quinoa.

25 minutes 4/6 servings Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	59g/62g	14g/17g	42g/43g

FROM YOUR BOX

	4 PERSON	6 PERSON
WHITE QUINOA	200g	200g + 100g
LEMON	1	2
CHICKEN SCHNITZELS	600g	600g + 300g
BROCCOLI	1	2
PARSLEY	1 packet	2 packets
SNOW PEAS	150g	2 x 150g
GARLIC CLOVES	2	3
ALMONDS	40g	2 x 40g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, honey (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

You can substitute honey for maple syrup, sugar or coconut sugar.



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1. COOK THE QUINOA

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 at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.



4. SAUTÉ THE VEGETABLES

While the **chicken** is cooking, finely chop **broccoli** and **parsley**, crush **garlic**, trim and slice **snow peas**.

Add extra **oil** to pan if necessary. Add **broccoli**, **lemon zest** and **garlic** to pan. Sauté for 2 minutes. Add **snow peas** and **parsley**, cook for a further minute.



2. MAKE THE LEMON DRESSING

Meanwhile, **zest lemon** and set zest aside for step 4. **Juice lemon** and add to a bowl with **2 tsp honey**, **1/4 cup olive oil**, **2 tbsp water**, **salt** and **pepper**. Whisk to combine.

6P – zest 1 1/2 lemon for step 4.

Combine juice from 2 lemons with 1 tbsp honey, 1/2 cup olive oil, 4 tbsp water, salt



5. ADD THE QUINOA

Add **drained quinoa** to **vegetables**. Cook for 2 minutes to warm through. Remove from heat and add **lemon dressing**. Stir to combine and season to taste with **salt** and **pepper**.



3. COOK THE SCHNITZELS

Heat a large frypan over medium–high heat. Coat **chicken schnitzels** in **oil**, **3–4 tsp lemon pepper** and **salt**. Add to pan and cook for 4–5 minutes each side until cooked through. Remove to a plate and keep pan over heat (see step 4).



6. FINISH AND SERVE

Roughly chop **almonds**.

Divide **quinoa** among plates. Serve with **chicken schnitzels**. Sprinkle over **almonds**.

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