



Product Spotlight: Millet

Millet is a naturally gluten-free grain, high in protein and fibre. It also contains polyphenols – plant compounds that act as antioxidants.



Portuguese Chicken with Herby Tossed Millet

Chicken schnitzels marinated in spiced yoghurt, served with thyme-roasted vegetables and millet tossed in parsley and lemon, finished with chopped almonds.



35 minutes



4/6 servings



Chicken

BBQ it!

As the weather starts warming up, we can dust off the BBQs. Cut shallot and capsicum into strips and season. Cook them and the chicken on the BBQ until the veggies are tender and the chicken is cooked through. Alternatively, make skewers!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	21g	45g

FROM YOUR BOX

	4 PERSON	6 PERSON
MILLET	200g	200g + 100g
SHALLOT	1	2
CARROTS	3	4
RED CAPSICUM	1	2
LEMON	1	2
GARLIC CLOVE	1	2
NATURAL YOGHURT	1 tub	2 tubs
CAJUN SPICE MIX	1 packet	2 packets
CHICKEN SCHNITZELS	600g	600g + 300g
PARSLEY	1 packet	2 packets
ALMONDS	40g	2 x 40g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

Drain millet for minimum 5 minutes or press down in sieve to squeeze out excess liquid.

Toast almonds in a frypan if preferred.

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne



1. COOK THE MILLET

Set oven to 220°C.

Place **millet** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse (see notes).



4. COOK THE CHICKEN

Add **chicken** to oven tray with **vegetables**. Cook for a further 10–12 minutes or until **vegetables** are tender and **chicken** is cooked through.



2. ROAST THE VEGETABLES

Peel and wedge **shallot**, dice **carrots** and chop **capsicum**. Toss on a lined oven tray with **oil**, **2 tsp thyme**, **salt** and **pepper**. Roast for 10 minutes (see step 4).

6P – use 3 tsp thyme.



5. TOSS THE MILLET

Chop **parsley**. Add to a large bowl along with **millet** and **roasted vegetables**. Squeeze in **juice from 1/2 lemon** (wedge remaining). Season with **salt** and **pepper** and toss to combine.

6P – squeeze in juice from 1 lemon (wedge remaining lemon).



3. PREPARE THE CHICKEN

Zest **lemon** and crush **garlic**. Combine with **2 tbsp yoghurt**, **cajun spice mix**, **2 tbsp oil**, **salt** and **pepper**. Add **chicken** and toss to coat.

6P – use 3 tbsp yoghurt.



6. FINISH AND SERVE

Slice **chicken** and roughly chop **almonds** (see notes).

Divide **millet** among plates. Top with **chicken slices**. Dollop on **remaining yoghurt**, sprinkle over **almonds** and serve with **lemon wedges**.



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