



**Product Spotlight:
Lemon**

Thanks to its anti-bacterial properties, lemon juice mixed with hot water is a great remedy for a sore throat!



Grilled Lemon Chicken

with Tossed Buckwheat

Chicken thighs coated in lemon zest, grilled and served with nutty buckwheat tossed in sautéed vegetables and a grilled lemon dressing.



25 minutes



2 servings



Chicken

BBQ!

If you don't have a griddle pan, you can BBQ the chicken thighs and lemon or cook them in a frypan.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	18g	54g

FROM YOUR BOX

BUCKWHEAT	100g
LEMON	1
CHICKEN THIGH FILLETS	300g
RED ONION	1
CHERRY TOMATOES	200g
GREEN BEANS	150g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, olive oil, maple syrup (see notes)

KEY UTENSILS

saucepan, griddle pan, large frypan

NOTES

When zesting lemons, limes, or oranges, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel; this is quite bitter.

Maple syrup or honey would both work well in this recipe.



1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



2. GRILL THE CHICKEN

Heat a griddle pan over medium-high heat. Zest and halve lemon (see notes). Coat chicken in **oil**, lemon zest, **salt and pepper**. Add to pan and cook for 6–8 minutes each side until cooked through. Add lemon cut-side down for the last 3 minutes of cooking time.



3. SAUTÉ THE VEGETABLES

Meanwhile, heat a large frypan over medium-high heat with **oil**. Wedge onion, halve cherry tomatoes, trim and slice beans. Add to pan as you go along with **2 tsp thyme**. Sauté for 6 minutes. Remove pan from heat.



4. MAKE THE DRESSING

Whisk together juice from grilled lemon, **1 1/2 tbsp olive oil**, **1 tsp maple syrup**, **salt and pepper** (see notes).



5. TOSS THE BUCKWHEAT

Add buckwheat and prepared dressing to vegetables. Toss well to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide tossed buckwheat among bowls. Serve with chicken thighs.



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