

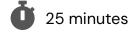




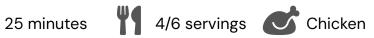
# **Grilled Lemon Chicken**

## with Tossed Buckwheat

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







# BBQ!

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

4/6 Person:

PROTEIN TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

	4 PERSON	6 PERSON
BUCKWHEAT	200g	200g + 100g
LEMON	1	2
CHICKEN THIGHS	600g	600g + 300g
RED ONION	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
GREEN BEANS	250g	250g + 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. Zest and halve the lemon. Coat chicken with oil, lemon zest, salt and pepper. Cook for 6-8 minutes each side until cooked through, adding lemon cut-side down for the last 3 minutes.

6P - zest 1 lemon and grill both lemons.



### 3. SAUTÉ THE VEGETABLES

Meanwhile, heat a large frypan over medium-high heat with oil. Wedge red onion, halve cherry tomatoes, trim and slice green beans. Add to pan as you go along with 1-2 tsp thyme. Sauté for 6 minutes. Remove pan from heat.



#### 4. MAKE THE DRESSING

Whisk together juice from grilled lemon, 3 tbsp olive oil, 1-2 tsp maple syrup, salt and pepper.

6P - Whisk together juice from both grilled lemons, 5 tbsp olive oil, 2-3 tsp maple syrup, salt and pepper.



#### **5. TOSS THE BUCKWHEAT**

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

6P - Toss with 1/2 dressing and reserve remaining for serving.



#### 6. FINISH AND SERVE

Divide **tossed buckwheat** among bowls. Serve with **chicken thighs.** 





