

**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



4/6 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
4/6 Person:	34g	13g	35g

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.



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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.**

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