



Product Spotlight: Plums

The plum is part of the rose, or Rosaceae, family, like the peach and the apricot. Most plums are hybrids of the Japanese plum, which originated over 2000 years ago.



Freekeh & Chicken Salad

with Barbecued Plums

Diced chicken breast, barbecued with dried herbs and served in a salad with nutty freekeh, barbecued summer plums, capsicum, peppery rocket leaves and a hot honey vinaigrette.



30 minutes



2 servings



Chicken

Add to it!

Want to add to your salad? Try grilled halloumi, crumbled feta cheese, goat cheese, a toasted seed mix, cherry tomatoes or field tomatoes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	6g	42g

FROM YOUR BOX

FREEKEH	100g
HONEY	1 sachet
DICED CHICKEN BREAST	300g
PLUM	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
ROCKET LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, dried chilli flakes, dried tarragon

KEY UTENSILS

BBQ, saucepan

NOTES

Add chilli flakes to taste if preferred.

No gluten option – freekeh is replaced with **mixed quinoa**. Place quinoa in a saucepan and cover with plenty of water. Simmer for 10–15 minutes or until tender. Drain and rinse.



1. COOK THE FREEKEH

Place **freekeh** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes until tender. Drain and rinse.



2. MAKE THE VINAIGRETTE

Add **honey** to a bowl along with **1/4 cup olive oil**, **3 tbsp vinegar**, **2 tsp chilli flakes** (see notes), **salt and pepper**. Whisk to combine.



3. COOK THE CHICKEN

Heat BBQ flat plate to medium-high heat with **oil**. Coat **chicken** with **oil**, **1 tsp tarragon**, **salt and pepper**. Add to BBQ and cook for 6–8 minutes each side until cooked through.



4. COOK PLUM & CAPSICUM

Wedge **plum** and slice **capsicum**. Add to BBQ with chicken and cook for 4–5 minutes until slightly charred.



5. TOSS THE SALAD

Dice **cucumber**. Add to a large bowl along with **rocket leaves**, **freekeh** and **vinaigrette**. Toss to combine.



6. FINISH AND SERVE

Divide **salad** among shallow bowls. Top with **chicken** and **barbecued capsicum and plum**.



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