



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BRUSSELS SPROUTS

Brussels sprouts are packed full of health benefits including their ability to help lower cholesterol, balance hormone levels, improve digestion, protect the heart and aid the immune system.



2. TARRAGON CHICKEN

WITH SAUTÉED SPROUTS

 30 Minutes

 2 Servings

Chicken tenderloins cooked in the pan with a tarragon gravy. Served with quinoa and a side of sautéed brussels sprouts.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
50g	27g	35g

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FROM YOUR BOX

WHITE QUINOA	1 packet (100g)
WALNUTS	1/2 packet (65g) *
LEEK	1/2 *
BRUSSELS SPROUTS	150g
SNOW PEAS	1/2 bag (75g) *
LEMON	1/2 *
CHICKEN TENDERLOINS	300g
MUSTARD	1 jar

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil + butter (for cooking), salt, pepper, soy sauce (or tamari), dried tarragon, flour (of choice)

KEY UTENSILS

saucepan, frypan

NOTES

The snow peas are added into the vegetables last minute to give extra crunch. If you prefer them cooked through, add them to the pan along with the sprouts.



1. COOK THE QUINOA

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



2. TOAST THE WALNUTS

Chop walnuts into a crumb. Add to a dry frypan over medium heat for 3-4 minutes until toasted. Remove and set aside.



3. SAUTÉ THE VEGETABLES

Add **oil or butter** to pan. Slice leek and halve brussels sprouts. Add to pan as you go. Cook for 5 minutes or until tender. Trim and slice snow peas (see notes). Toss through vegetables with lemon juice. Season with **salt and pepper** to taste. Remove to a serving bowl and scatter over



4. COOK THE CHICKEN

Increase pan heat to medium-high. Coat chicken with **oil, salt and pepper**. Cook for 5 minutes each side until cooked through. Remove to a plate.



5. MAKE THE SAUCE

Whisk together 1/2 tbsp mustard, **1 tsp dried tarragon, 1 tbsp flour, 1 tsp soy sauce** and **1 cup water**. Pour into frypan and bring to a simmer for 3-4 minutes until thickened. Take off heat and return chicken to coat.



6. FINISH AND PLATE

Serve chicken at the table with sautéed sprouts and quinoa.