



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

 4 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
47g	17g	34g

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## FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
WALNUTS	1/2 packet (65g) *
LEEK	1
BRUSSELS SPROUTS	300g
SNOW PEAS	1/2 bag (125g) *
LEMON	1/2 *
CHICKEN TENDERLOINS	600g
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/butter** to pan. Slice leek and halve brussels sprouts. Add to pan and 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 walnuts.



### 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 mustard, **2 tsp dried tarragon, 1 1/2 tbsp flour, 1/2 tbsp soy sauce** and **2 cups 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.