



Chicken and Tabbouleh

Spiced Middle Eastern chicken served over a fresh brown rice tabbouleh with cucumber, tomato and mint in a red wine vinegar dressing.



25 minutes



Chicken



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	2 x 150g	3 x 150g
LEBANESE CUCUMBERS	2	3
TOMATOES	2	3
MINT	60g	2 x 60g
DICED CHICKEN BREAST	600g	600g + 300g

FROM YOUR PANTRY

olive oil, salt and pepper, red wine vinegar, smoked paprika, ground cumin

NOTES

Add a tin of chickpeas to the tabbouleh for extra protein and bulk. Crumble some feta over top or add some black olives for extra saltiness.

The diced chicken can be threaded onto skewers and cooked on the BBQ!

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1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse under cold water to cool.

2. PREPARE THE TABBOULEH

Whisk together **3 tbsp olive oil** and **3 tbsp red wine vinegar** in a large salad bowl. Dice **cucumbers** and **tomatoes**. Pick and roughly chop **mint** leaves. Add to bowl along with cooled **rice**. Season with **salt** and **pepper** and toss well to combine.

6P – use 4 tbsp olive oil and 4 tbsp red wine vinegar.

TIP

You can add some parsley and sliced spring onion. Lemon juice can be used instead of vinegar if you have some.

3. COOK THE CHICKEN

Heat **olive oil** in a frypan over medium-high heat (see notes). Season **chicken** with **2 tsp ground cumin**, **2 tsp smoked paprika**, **salt and pepper**. Cook for 6–8 minutes, until cooked through.

6P – use 3 tsp ground cumin and 3 tsp smoked paprika.

TIP

Add a pinch of dried chilli flakes or ground coriander from your pantry for extra depth.

4. FINISH AND SERVE

Divide **tabbouleh** among bowls. Top with **spiced chicken** and serve.

TIP

Serve with a dollop of hummus, tzatziki or natural yoghurt if desired.

This recipe has simplified instructions to help lower your meal cost.