




### Product Spotlight: Quinoa Flakes

This is simple quinoa that has been steam-rolled into flakes. Great used in muesli, pancakes or bakes goods alternatively as a nutritious gluten-free alternative to breadcrumbs.



## 2 Quinoa Crumbed Chicken with Potato Salad

Tarragon chicken tenderloins coated in a golden quinoa crumb, served alongside a potato and rocket salad with a flavourful mustard dressing.

 30 mins

 2 servings

 Chicken

2 April 2021

### Spice it up!

*You can serve the chicken tenderloins with a dipping sauce of choice or a squeeze of lemon at the end. If you don't like mustard dressings you can substitute it for a simple balsamic dressing instead.*

Per serve: **PROTEIN** 45g **TOTAL FAT** 13g **CARBOHYDRATES** 56g

## FROM YOUR BOX

BABY POTATOES	400g
SUGAR SNAP PEAS	1/2 bag (75g) *
CHERRY TOMATOES	1/2 bag (100g) *
SPRING ONION	1 *
ROCKET	1/2 bag (60g) *
CHICKEN TENDERLOINS	300g
QUINOA FLAKES	1 packet (20g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, mustard (dijon or wholegrain), apple cider vinegar, dried tarragon

## KEY UTENSILS

large frypan, saucepan

## NOTES

Add a sweetener of choice to the dressing if your mustard is punchy in flavour.



### 1. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10–15 minutes, or until tender. Drain and set aside.



### 2. MAKE THE DRESSING

Whisk together **1/2 tbsp mustard** with **1 tsp vinegar** and **1 tbsp olive oil** (see notes). Season with **salt and pepper**.



### 3. PREPARE THE SALAD

Trim and slice sugar snap peas. Halve tomatoes and slice spring onion. Set aside in a large salad bowl with rocket leaves.



### 4. PREPARE THE CHICKEN

Coat chicken with **1 tsp dried tarragon, oil, salt and pepper**. Roll in quinoa flakes until coated.



### 5. COOK THE CHICKEN

Heat a frypan over medium–high heat with **oil**. Cook chicken for 3–4 minutes each side until golden and cooked through (cook in batches if needed).



### 6. FINISH AND PLATE

Toss cooked potatoes with salad and dressing. Divide among plates with chicken tenderloins.

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