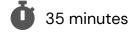




Spring Chicken

with Basil & Buckwheat

A fresh lemon buckwheat salad with semi dried tomatoes, peppery watercress and toasted almonds, served alongside herby grilled chicken.







Don't feel like a salad? You can turn this dish into a soup or risotto instead! Cook the buckwheat in some chicken stock and add the cooked chicken, celery, lemon and tomatoes. Top with fresh watercress and toasted nuts.

PROTEIN TOTAL FAT CARBOHYDRATES

48g 44g 48g

FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
SLIVERED ALMONDS	1 packet (40g)
CHICKEN BREAST FILLET	300g
LEMON	1/2 *
CELERY STICK	1
WATERCRESS	1/2 sleeve *
SEMI DRIED TOMATOES	1 packet
BASIL	1/3 packet (20g) *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dijon mustard, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

You could also use fresh rosemary or any dried herb of choice on the chicken.

For more depth of flavour, add lemon zest or crushed garlic to the dressing.



1. COOK THE BUCKWHEAT

Place buckwheat in saucepan and cover with water. Bring to boil for 12-15 minutes. Drain and rinse under cold water. Set aside.



2. TOAST THE ALMONDS

Add almonds to a dry frypan over medium-high heat. Toast for 3-4 minutes until golden.



3. COOK THE CHICKEN

Halve the chicken fillet lengthways. Coat with 1/2 tsp oregano, oil, salt and pepper. Reheat frypan over medium-high heat. Cook for 8-10 minutes, turning, or until cooked through.



4. MAKE THE DRESSING

Whisk together 1/2 tsp oregano, lemon juice, 1 tsp mustard and 2 tbsp olive oil. Set aside.



5. TOSS THE SALAD

Slice celery, trim and slice watercress. Chop tomatoes (if preferred) and basil. Toss all together with cooked buckwheat and 2 tbsp of dressing. Season with **salt and pepper**.



6. FINISH AND PLATE

Slice cooked chicken and divide among plates with buckwheat. Garnish with toasted almonds and serve with remaining dressing to taste.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



