




Product Spotlight: Nectarine


Nectarines are a healthy way to include many vitamins and minerals in your diet. Choose a firm nectarine for a nutritious snack, or serve them sliced with a drizzle of honey for a nutrient-packed dessert!



2 Coriander Chicken with Nectarine Quinoa Salad

Roasted free-range chicken breast fillet and fennel, spiced with ground coriander served with a mixed quinoa and nectarine salad.

 30 minutes

 2 servings

 Chicken

17 December 2021

Change it up!

If you don't want to turn the oven on, you can cook the fennel and chicken on the BBQ, or keep the fennel fresh (slice it thinly to add to salad) and cook the chicken in a frypan.

Per serve: **PROTEIN** 39g **TOTAL FAT** 18g **CARBOHYDRATES** 37g

FROM YOUR BOX

MIXED QUINOA	1 packet (100g)
FENNEL	1
CHICKEN BREAST FILLET	300g
SHALLOT	1
TOMATO	1
NECTARINE	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, ground coriander, sumac, honey

KEY UTENSILS

oven tray, saucepan

NOTES

Instead of white wine vinegar, you could use balsamic vinegar in the vinaigrette.



1. COOK THE QUINOA

Set the oven to 220°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and rinse.



2. ROAST THE CHICKEN

Thinly slice fennel (reserve any fronds) and add to a lined oven tray. Place chicken on top and slash in 3-4 places. Coat all in **oil**, **2 tsp coriander**, **salt and pepper**. Roast for 20-25 minutes until chicken is cooked through.



3. MAKE THE VINAIGRETTE

Finely dice shallot. Add to a large bowl along with **2 tbsp olive oil**, **1 tsp vinegar**, **1/2 tsp honey**, **1 tsp sumac**, **salt and pepper**. Stir to combine.



4. TOSS THE SALAD

Wedge tomato and slice nectarine. Add to bowl with vinaigrette along with quinoa and roasted fennel. Toss until well combined.



5. FINISH AND SERVE

Divide salad among shallow bowls. Slice chicken and garnish with any reserved fennel fronds.

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**

