



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Buckwheat

Despite the name, buckwheat is not related to wheat and is actually gluten-free.



2 Roast Chicken with Apple Buckwheat Salad

Paprika roasted chicken and fennel with a warm, earthy buckwheat and apple salad, drizzled with a maple syrup dressing.

 35 mins

 2 servings

 Chicken

15 March 2021

Spice it up!

You could use fennel seeds, ground cumin or dried tarragon on the chicken instead of paprika for a different flavour! If you love garlic you can add some to the roast chicken as well.

Per serve: **PROTEIN** 42g **TOTAL FAT** 31g **CARBOHYDRATES** 64g

FROM YOUR BOX

CHICKEN BREAST FILLETS	300g
LEMON	1
FENNEL	1
BUCKWHEAT	100g
GREEN APPLE	1
CELERY STICK	1
PARSLEY	1/2 bunch *
LABANNEH CHEESE	1/2 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground paprika, maple syrup

KEY UTENSILS

oven tray, saucepan

NOTES

If your parsley is a little sandy you can soak it in water first and dry using a salad spinner.



1. ROAST THE CHICKEN

Set oven to 220°C.

Coat chicken with 1/2 tsp lemon zest, **1 tsp paprika, oil, salt and pepper**. Place skin side up on a lined oven tray. Slice fennel (reserve fronds) and add to tray. Drizzle with **olive oil, salt and pepper**. Roast in oven for 20–25 minutes or until chicken is cooked through.



4. PREPARE THE DRESSING

Whisk together 1/2 lemon juice (wedge remaining) with **1/2 tbsp maple syrup** and **1 tbsp olive oil**. Season with **salt and pepper**.



2. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 12–15 minutes until tender. Drain and rinse.



5. TOSS THE SALAD

Gently toss buckwheat with prepared salad, dressing and roast fennel.



3. PREPARE THE SALAD

Slice apple and celery. Chop parsley (see notes).



6. FINISH AND PLATE

Slice chicken and divide among plates with buckwheat salad. Spoon over labanneh cheese (to taste). Garnish with 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**

