



Product Spotlight: Quinoa

Quinoa is an amazing superfood seed, cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein meaning it contains all nine essential amino acids. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.





Spice it up!

Add some seeds from the pantry – pepita, sesame, sunflower or chia work well! Sliced avocado and sauerkraut also work well in this bowl.

2 Spiced Chicken Power Bowl

A colourful nourish bowl with mixed quinoa, crunchy cabbage and cucumber with spiced chicken tenderloins and a creamy yoghurt dressing.

 35 minutes

 2 servings

 Chicken

28 September 2020

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	7g	48g

FROM YOUR BOX

ORGANIC QUINOA	1 packet (100g)
PARSLEY	1/3 bunch *
NATURAL YOGHURT	1 tub (200g)
LEBANESE CUCUMBER	1
CARROT	1
SHREDDED RED CABBAGE	1 bag (200g)
CHICKEN TENDERLOINS	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika, ground coriander, garlic (1/2 clove)

KEY UTENSILS

saucepan, frypan, stick mixer or blender

NOTES

If you don't have a stick mixer or blender you can finely chop the parsley, stir through the yoghurt along with 1/4 cup water or until it reaches a drizzling consistency.



1. COOK THE QUINOA

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



2. MAKE THE DRESSING

Rinse and roughly chop parsley. Blend together with **1/2 crushed garlic clove** and yoghurt using a stick mixer or blender until smooth. Season with **salt and pepper**.



3. PREPARE THE SALAD

Slice cucumber, julienne or grate carrot. Set aside with cabbage.



4. COOK THE CHICKEN

Coat chicken with **1 tsp smoked paprika, 1 tsp ground coriander, oil, salt and pepper**. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through.



5. FINISH AND PLATE

Divide quinoa among bowls. Top with even amounts of salad and chicken. Drizzle over 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**

