




Product Spotlight: Hazelnuts

Hazelnuts have a high vitamin E content and are a good source of copper, folate and manganese. They are also rich in anti-oxidants and fibre, especially if the skins are left on.



3 Tarragon Roasted Chicken with Buckwheat Salad

Chicken chops roasted with lemon zest and tarragon, served with buckwheat, vegetables and a zesty lemon dressing.

 40 minutes

 2 servings

 Chicken

24 September 2021

Bake it!

Instead of sautéing your vegetables, place them on an oven tray and bake on the shelf under your chicken in the oven until tender.

Per serve: **PROTEIN** 61g **TOTAL FAT** 30g **CARBOHYDRATES** 47g

FROM YOUR BOX

CHICKEN CHOPS	2-pack
LEMON	1
BUCKWHEAT	1 packet (100g)
RED ONION	1/2 *
ZUCCHINI	1/2 *
GREEN BEANS	1/2 bag (75g) *
ROASTED HAZELNUTS	1 packet (30g)
SNOW PEA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried tarragon

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

Chicken chops are a wonderful cut to cook on the barbecue. If your BBQ has a lid, pull it down for faster cooking time.

We recommend using an oven dish so that you can capture any cooking liquid and spoon back over your chicken to serve.



1. ROAST CHICKEN

Set oven to 220°C (see notes).

Slash chicken in 3-4 places and rub with **oil**. Season with 1 tsp lemon zest, **2 tsp tarragon, salt and pepper**. Place in a lined oven dish (see notes) and roast on top shelf for 25-30 minutes or until cooked through.



2. COOK BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 10-12 minutes until tender. Drain and rinse.



3. SAUTÉ VEGETABLES

Wedge onion, slice zucchini, trim and halve green beans. Heat a frypan over medium-high heat with **oil**. Add vegetables and sauté for 4-6 minutes until tender. Remove pan from heat.



4. MAKE THE DRESSING

Whisk together 1 tbsp lemon juice, **2 tbsp olive oil, salt and pepper**.



5. TOSS THE BUCKWHEAT

Roughly chop hazelnuts. Add to frypan along with buckwheat and prepared dressing. Toss until well coated. Season with **salt and pepper**.



6. FINISH AND SERVE

Evenly divide buckwheat among shallow bowls. Top with roasted chicken. Spoon over any extra cooking liquid from the oven dish and garnish with snow pea sprouts.

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

