




### Product Spotlight: Quinoa

Quinoa is mineral-rich, gluten-free & 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.



## 2 Chicken Tenderloins with Quinoa & Herbs

A fresh herb and quinoa salad with red cabbage, parsley and dill, tossed with currants and seeds and topped with sumac grilled chicken tenderloins.

 30 minutes

 4 servings

 Chicken

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### Spice it up!

*For added freshness you can use lemon juice instead of vinegar in the dressing. Add a little crushed garlic to the yoghurt for a different flavour.*

Per serve: **PROTEIN** 45g **TOTAL FAT** 24g **CARBOHYDRATES** 46g

## FROM YOUR BOX

ORGANIC QUINOA	200g
SPRING ONIONS	1/4 bunch *
PARSLEY	1/2 bunch *
DILL	1 packet
SHREDDED RED CABBAGE	1/2 bag (200g) *
CURRANTS/SEED MIX	1 packet (50g)
HONEY	1 shot
CHICKEN TENDERLOINS	600g
NATURAL YOGHURT	1 tub (200g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sumac, white wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you don't have sumac you can use ground coriander, lemon pepper or dried herb of choice!



### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 12–15 minutes or until tender. Drain and rinse.



### 2. PREPARE THE SALAD

Slice spring onions. Chop parsley and dill. Toss together with cabbage and currants/seed mix.



### 3. PREPARE THE DRESSING

Whisk together honey with **2 tbsp vinegar** and **3 tbsp olive oil**. Set aside.



### 4. COOK THE CHICKEN

Coat chicken with **1 tsp sumac** (see notes), **oil, salt and pepper**. Heat a frypan over medium–high heat. Cook chicken for 4–5 minutes each side or until cooked through.



### 5. TOSS THE SALAD

Toss quinoa with salad and dressing. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Spread even amounts of yoghurt on bottom of plates. Top with salad and chicken.

**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**

