




### Product Spotlight: Sunflower Seeds


Sunflower seeds are a winner in the plant-based protein camp. They are delicious as a snack or as a topping for salads, smoothie bowls, soups and dips! You can also blend them to make your own sunflower-seed butter.



## 2 Grilled Chicken with Green Caesar salad

A simple share platter salad with crispy wedged lettuce, celery and peppery radishes alongside juicy grilled chicken and served with a creamy dressing.

 25 mins

 4 servings

 Chicken

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### Spice it up!

*Add some cayenne pepper or crushed garlic to the chicken before cooking for added flavour. If you have bread crumbs or cornflakes in the pantry you can crush them up to coat the chicken.*

Per serve: **PROTEIN** 45g **TOTAL FAT** 29g **CARBOHYDRATES** 9g

## FROM YOUR BOX

SUNFLOWER SEEDS	1 packet (40g)
SLICED CHICKEN	600g
GEM LETTUCE	3 pack
RADISHES	1/2 bunch *
CELERY STICKS	2
GREEN CAPSICUM	1
TARTARE DRESSING	1 tub (100g)
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried tarragon (or herb of choice)

## KEY UTENSILS

frypan

## NOTES

You can cook the chicken on the BBQ for an extra charred flavour.



### 1. TOAST THE SEEDS

Add sunflower seeds to a dry frypan over medium-high heat. Toast for 3-4 minutes until golden. Remove and set aside.



### 2. COOK THE CHICKEN

Coat chicken with **1 tsp dried tarragon, oil, salt and pepper**. Reheat frypan over medium-high heat. Cook chicken for 5-6 minutes each side or until cooked through. Take off heat.



### 3. PREPARE THE SALAD

Wedge the gem lettuce and radishes. Cut celery and capsicum into short sticks. Arrange on a large serving plate.



### 4. MAKE THE DRESSING

Combine the dressing with lemon juice and **1 tbsp olive oil**.



### 5. FINISH AND PLATE

Slice the chicken and add to salad plate along with dressing and seeds to serve at the table.

**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**

