



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Millet

Millet is a gluten-free grain and a great source of fibre and B vitamins. Back in the day, it was consumed more than rice due to its ability to grow in soils where other grains wouldn't.



2 Portuguese Chicken with Lemon Yoghurt

Tender chicken breast fillets in a smokey yoghurt marinade, slightly charred and served with a roast veggie millet salad, finished with a dollop of yoghurt and chopped almonds.

 30 minutes

 4 servings

 Chicken

9 November 2020

Spice it up!

You can add some fresh mint to garnish at the end, if you have some. Add some ground cinnamon, dried oregano or chilli flakes to the chicken for a yummier flavour!

Per serve: **PROTEIN** 48g **TOTAL FAT** 12g **CARBOHYDRATES** 56g

FROM YOUR BOX

MILLET	1 packet (200g)
RED ONION	1/2 *
CARROTS	3
RED CAPSICUM	1
LEMON	1
NATURAL YOGHURT	1/2 tub *
CHICKEN BREAST FILLETS	600g
BABY SPINACH	1/2 bag (100g) *
ALMONDS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, garlic (1 clove), dried thyme

KEY UTENSILS

oven tray, frypan, saucepan

NOTES

If you have a bit more time on your hands you can bake the chicken in the oven instead. Place in oven for 15 minutes or until cooked through.

Use a non stick frypan to cook the chicken, otherwise you can line the bottom of the pan with baking paper to prevent sticking. Turn the fillets every couple of minutes to prevent the marinade from burning.



1. COOK THE MILLET

Set oven to 220°C.

Place millet in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Wedge onion, dice carrots and chop capsicum. Toss on a lined oven tray with **1 tsp dried thyme, oil, salt and pepper**. Roast in oven for 20 minutes.



3. PREPARE THE CHICKEN

Combine lemon zest with 1/3 cup yoghurt, **1 crushed garlic clove** and **1/2 tbsp smoked paprika**. Halve chicken breast fillets lengthways and toss to coat. Season with **salt and pepper**.



4. COOK THE CHICKEN

Heat a frypan over medium heat with **oil**. Cook chicken for 10–12 minutes turning until cooked through (see notes).



5. TOSS THE MILLET

Toss spinach with roast vegetables until slightly wilted. Toss in millet and 1/2 lemon juice (wedge remaining). Season with **salt and pepper**.



6. FINISH AND PLATE

Divide millet salad among plates. Slice chicken and place on top. Chop and sprinkle over almonds. Serve with a dollop of yoghurt and lemon wedge.

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**

