




Product Spotlight: Quinoa Flakes


This is simple quinoa that has been steam-rolled into flakes. Great used in muesli, pancakes or bakes goods alternatively as a nutritious gluten-free alternative to breadcrumbs.



2 Quinoa Crumbed Chicken with Potato Salad

Tarragon chicken tenderloins coated in a golden quinoa crumb, served alongside a potato and rocket salad with a flavourful mustard dressing.

 30 mins

 4 servings

 Chicken

2 April 2021

Spice it up!

You can serve the chicken tenderloins with a dipping sauce of choice or a squeeze of lemon at the end. If you don't like mustard dressings you can substitute it for a simple balsamic dressing instead.

Per serve: **PROTEIN** 45g **TOTAL FAT** 13g **CARBOHYDRATES** 56g

FROM YOUR BOX

BABY POTATOES	800g
SUGAR SNAP PEAS	1/2 bag (125g) *
CHERRY TOMATOES	1 bag (200g)
SPRING ONIONS	1/3 bunch *
ROCKET	1/2 bag (100g) *
CHICKEN TENDERLOINS	600g
QUINOA FLAKES	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, mustard (dijon or wholegrain), apple cider vinegar, dried tarragon

KEY UTENSILS

large frypan, saucepan

NOTES

Add a sweetener of choice to the dressing if your mustard is punchy in flavour.



1. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10–15 minutes, or until tender. Drain and set aside.



2. MAKE THE DRESSING

Whisk together **1 tbsp mustard** with **1/2 tbsp vinegar** and **2 tbsp olive oil** (see notes). Season with **salt and pepper**.



3. PREPARE THE SALAD

Trim and slice sugar snap peas. Halve tomatoes and slice spring onions. Set aside in a large salad bowl with rocket leaves.



4. PREPARE THE CHICKEN

Coat chicken with **2 tsp dried tarragon**, **oil**, **salt and pepper**. Roll in quinoa flakes until coated.



5. COOK THE CHICKEN

Heat a frypan over medium–high heat with **oil**. Cook chicken for 3–4 minutes each side until golden and cooked through (cook in batches if needed).



6. FINISH AND PLATE

Toss cooked potatoes with salad and dressing. Divide among plates with chicken tenderloins.

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**

