




### Product Spotlight: Buckwheat

Buckwheat is a gluten-free seed which is actually closely related to the rhubarb plant! It is high in protein and contains resistant starch which is good for gut health!



## 2 Spring Chicken with Basil & Buckwheat

A fresh lemon buckwheat salad with semi dried tomatoes, peppery watercress and toasted almonds, served alongside herby grilled chicken.

 35 minutes

 4 servings

 Chicken

14 September 2020

### Warm it up!

*Don't feel like a salad? You can turn this dish into a soup or risotto instead! Cook the buckwheat in some chicken stock and add the cooked chicken, celery, lemon and tomatoes. Top with fresh watercress and toasted nuts.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 41g **CARBOHYDRATES** 42g

## FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
SLIVERED ALMONDS	1 packet (40g)
CHICKEN BREAST FILLETS	600g
LEMON	1/2 *
CELERY STICKS	2
WATERCRESS	1 sleeve
SEMI DRIED TOMATOES	1 packet
BASIL	1/2 packet (30g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dijon mustard, dried oregano

## KEY UTENSILS

large frypan, saucepan

## NOTES

You could also use fresh rosemary or any dried herb of choice on the chicken.

For more depth of flavour, add lemon zest or crushed garlic to the dressing.



### 1. COOK THE BUCKWHEAT

Place buckwheat in saucepan and cover with water. Bring to boil for 12–15 minutes. Drain and rinse under cold water. Set aside.



### 2. TOAST THE ALMONDS

Add almonds to a dry frypan over medium–high heat. Toast for 3–4 minutes until golden.



### 3. COOK THE CHICKEN

Halve the chicken fillets lengthways. Coat with **1 tsp oregano, oil, salt and pepper**. Reheat frypan over medium–high heat. Cook for 8–10 minutes, turning, or until cooked through.



### 4. MAKE THE DRESSING

Whisk together **1/2 tsp oregano**, lemon juice, **2 tsp mustard** and **1/3 cup olive oil**. Set aside.



### 5. TOSS THE SALAD

Slice celery, trim and slice watercress. Chop tomatoes (if preferred) and basil. Toss all together with cooked buckwheat and 2 tbs of dressing. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Slice cooked chicken and divide among plates with buckwheat. Garnish with toasted almonds and serve with remaining dressing to taste.

**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](mailto:hello@dinnertwist.com.au)

