




### Product Spotlight: Hazelnuts

Hazelnuts have a high vitamin E content and are a good source of copper, folate and manganese. They are also rich in anti-oxidants and fibre, especially if the skins are left on.



## 3 Tarragon Roasted Chicken with Buckwheat Salad

Chicken chops roasted with lemon zest and tarragon, served with buckwheat, vegetables and a zesty lemon dressing.

 40 minutes

 4 servings

 Chicken

24 September 2021

## Bake it!

*Instead of sautéing your vegetables, place them on an oven tray and bake on the shelf under your chicken in the oven until tender.*

Per serve: **PROTEIN** 58g **TOTAL FAT** 22g **CARBOHYDRATES** 43g



## FROM YOUR BOX

CHICKEN CHOPS	4-pack
LEMON	1
BUCKWHEAT	1 packet (200g)
RED ONION	1
ZUCCHINI	1
GREEN BEANS	1/2 bag (125g) *
ROASTED HAZELNUTS	1 packet (30g)
SNOW PEA SPROUTS	1/2 punnet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried tarragon

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

Chicken chops are a wonderful cut to cook on the barbecue. If your BBQ has a lid, pull it down for faster cooking time.

We recommend using an oven dish so that you can capture any cooking liquid and spoon back over your chicken to serve.



### 1. ROAST CHICKEN

Set oven to 220°C (see notes).

Slash chicken in 3-4 places and rub with **oil**. Season with 2 tsp lemon zest, **1 tbsp tarragon, salt and pepper**. Place in a lined oven dish (see notes) and roast on top shelf for 25-30 minutes or until cooked through.



### 4. MAKE THE DRESSING

Whisk together lemon juice, **3 tbsp olive oil, salt and pepper**.



### 2. COOK BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 10-12 minutes until tender. Drain and rinse.



### 5. TOSS THE BUCKWHEAT

Roughly chop hazelnuts. Add to frypan along with buckwheat and prepared dressing. Toss until well coated. Season with **salt and pepper**.



### 3. SAUTÉ VEGETABLES

Wedge onion, slice zucchini, trim and halve green beans. Heat a frypan over medium-high heat with **oil**. Add vegetables and sauté for 4-6 minutes until tender. Remove pan from heat.



### 6. FINISH AND SERVE

Evenly divide buckwheat among shallow bowls. Top with roasted chicken. Spoon over any extra cooking liquid from the oven dish and garnish with snow pea sprouts.

**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)

