



Product Spotlight: Pepita Seeds

Pepitas are the edible seeds of a pumpkin without the shell and are a good source of protein!



Green Goddess Chicken

Lightly spiced chicken breast on a brown rice salad with fresh mesclun leaves, charred broccoli and cucumber, drizzled with green goddess yoghurt dressing and sprinkled with toasted pepita seeds.



30 minutes



2 servings



Chicken

Add to the green!

You can add fresh parsley, mint or coriander to blend with the yoghurt if you have some. Add an avocado or roast zucchini to the salad for extra serves.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	16g	52g

FROM YOUR BOX

BROWN RICE	75g
BASIL	20g
LEMON	1
NATURAL YOGHURT	1 tub
PEPITA SEEDS	1 packet
LEBANESE CUCUMBER	1
MESCLUN LEAVES	60g
BROCCOLI	1
DICED CHICKEN BREAST	300g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

75g is 1/2 tub of brown rice, cook all if you prefer to bulk it up.

You can reserve some lemon zest to coat the chicken.

Wipe out pan with paper towel if needed.



1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender (see notes). Drain and rinse.



2. PREPARE THE DRESSING

Blend together **basil leaves**, **1/2 lemon juice** (wedge remaining, see notes), **yoghurt** and **1 tbsp water** using a stick mixer or blender. Season with **salt and pepper**. Set aside.



3. PREPARE THE COMPONENTS

Add **pepita seeds** to a dry frypan over medium-high heat. Toast for 3-5 minutes until golden.

Slice **cucumber**. Set aside with **mesclun leaves**.



4. COOK THE BROCCOLI

Heat a frypan over medium-high heat with **oil**. Cut **broccoli** into small florets (use to taste). Add to pan to cook for 5 minutes until charred. Pour in **1/4 cup water** and cook for a further 3 minutes until tender. Remove from pan (see notes).



5. COOK THE CHICKEN

Coat **chicken** with **2 tsp ground coriander**, **oil**, **salt and pepper**. Add to pan and cook for 6-8 minutes or until cooked through.



6. FINISH AND SERVE

Toss **rice**, **broccoli**, **mesclun leaves** and **cucumber** together. Arrange among bowls and top with **chicken**. Spoon over **dressing** to taste and sprinkle with **pepita seeds**. Serve with **lemon wedges**.



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