



Product Spotlight: Quinoa

Quinoa is a superfood seed; cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



Lemon Chicken with Green Quinoa

Chicken schnitzels cooked in lemon pepper served over quinoa and sautéed green vegetables with a lemon dressing and almonds.



25 minutes



2 servings



Chicken

Switch it up!

Use parsley, almonds and lemon to make a pesto! Toss the pesto through the cooked vegetables and quinoa.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	23g	32g

FROM YOUR BOX

WHITE QUINOA	100g
LEMON	1
CHICKEN SCHNITZELS	300g
BROCCOLI	1
PARSLEY	1 packet
SNOW PEAS	150g
GARLIC CLOVE	1
ALMONDS	40g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, honey (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

You can substitute honey for maple syrup, sugar or coconut sugar.



1. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain **quinoa** for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.



2. MAKE THE LEMON DRESSING

Meanwhile, **zest lemon** and set **zest** aside for step 4. **Juice lemon** and add to a bowl along with **1 1/2 tsp honey, 3 tbsp olive oil, 1 1/2 tbsp water, salt and pepper**. Whisk to combine.



3. COOK THE SCHNITZELS

Heat a large frypan over medium-high heat. Coat **chicken schnitzels** in **oil, 2 tsp lemon pepper** and **salt**. Add to pan and cook for 4–5 minutes each side until cooked through. Remove to a plate and keep pan over heat (see step 4).



4. SAUTÉ THE VEGETABLES

While the **chicken** is cooking, finely chop **broccoli** and **parsley**, crush **garlic**, and trim and slice **snow peas**.

Add extra **oil** to pan if necessary. Add **broccoli, lemon zest** and **garlic** to pan. Sauté for 2 minutes. Add **snow peas** and **parsley**, cook for a further minute.



5. ADD THE QUINOA

Add drained **quinoa** to **vegetables**. Cook for 2 minutes to warm through. Remove from heat and add **lemon dressing**. Stir to combine and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop **almonds**.

Divide **quinoa** among plates. Serve with **chicken schnitzels**. Sprinkle over **almonds**.



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