



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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 Rosemary Chicken with Lemon Buckwheat Risotto

A wholesome lemony risotto with kale, toasted almonds and rosemary chicken tenderloins. Comfort food that's good for you too!

 35 minutes

 2 servings

 Chicken

29 June 2020

Mix it up!

For a more indulgent risotto, try stirring through a cheese of choice at the end or a little butter for some added richness.

Per serve: **PROTEIN** 46g **TOTAL FAT** 13g **CARBOHYDRATES** 60g

FROM YOUR BOX

| | |
|---------------------|--------------------|
| BROWN ONION | 1/2 * |
| ZUCCHINI | 1/2 * |
| BUCKWHEAT | 1 packet (100g) |
| GARLIC | 1 clove |
| ALMONDS | 1/2 packet (40g) * |
| CHICKEN TENDERLOINS | 300g |
| LEMON | 1 |
| ROSEMARY STALK | 1 |
| KALE | 1/2 bunch * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, stock cube (1/2), dried thyme

KEY UTENSILS

2 frypans, kettle

NOTES

Dice all your vegetables first so they are ready before turning on the frypan if you prefer to take your time.

Stir the kale into the risotto in batches so it doesn't overcrowd the pan.



1. SAUTÉ THE VEGETABLES

Boil **3 cups (750ml) water** in kettle.

Heat frypan over medium-high heat with **1 tbsp oil** (see notes). Dice onion and zucchini, add to pan as you go along with **1 tsp dried thyme**. Cook for 3 minutes until softened.



2. SIMMER THE BUCKWHEAT

Stir in buckwheat, add 1 crushed garlic clove, crumble in **1/2 stock cube** and pour in half the boiling water. Leave to simmer for 10 minutes. Add remaining water and simmer for 15 minutes or until buckwheat is tender



3. TOAST THE ALMONDS

Heat a second frypan over medium heat. Chop and add almonds. Toast for 2-3 minutes until golden. Remove from pan.



4. COOK THE CHICKEN

Coat chicken with 1 tsp lemon zest, 1 tsp chopped rosemary leaves, **oil, salt and pepper**. Reheat frypan to medium-high heat. Cook chicken for 4-5 minutes each side or until cooked through.



5. SEASON THE RISOTTO

Finely slice kale leaves. Gently stir through risotto until wilted (see notes). Add more water to loosen if needed. Add 1 tbsp lemon juice, wedge remaining. Season to taste with **salt and pepper**.



6. FINISH AND PLATE

Divide risotto and chicken among shallow bowls. Garnish with toasted almonds and serve with lemon wedge.

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**

