




Product Spotlight: Quinoa


Quinoa is mineral-rich, gluten-free & classed as a complete protein meaning it contains all nine essential amino acids. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.



2 Chicken Tenderloins with Quinoa & Herbs

A fresh herb and quinoa salad with red cabbage, parsley and dill, tossed with currants and seeds and topped with sumac grilled chicken tenderloins.

 30 minutes

 2 servings

 Chicken

1 February 2021

Spice it up!

For added freshness you can use lemon juice instead of vinegar in the dressing. Add a little crushed garlic to the yoghurt for a different flavour.

Per serve: **PROTEIN** 49g **TOTAL FAT** 43g **CARBOHYDRATES** 57g

FROM YOUR BOX

ORGANIC QUINOA	100g
SPRING ONION	1 *
PARSLEY	1/2 bunch *
DILL	1 packet
SHREDDED RED CABBAGE	1/2 bag (100g) *
CURRANTS/SEED MIX	1 packet (50g)
HONEY	1 shot
CHICKEN TENDERLOINS	300g
NATURAL YOGHURT	1 tub (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sumac, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have sumac you can use ground coriander, lemon pepper or dried herb of choice!



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 12–15 minutes or until tender. Drain and rinse.



2. PREPARE THE SALAD

Slice spring onion. Chop parsley and dill. Toss together with cabbage and currants/seed mix.



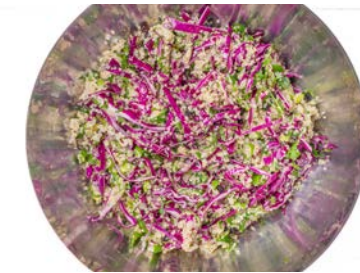
3. PREPARE THE DRESSING

Whisk together honey with **1 tbsp vinegar** and **3 tbsp olive oil**. Set aside.



4. COOK THE CHICKEN

Coat chicken with **1/2 tsp sumac** (see notes), **oil, salt and pepper**. Heat a frypan over medium–high heat. Cook chicken for 4–5 minutes each side or until cooked through.



5. TOSS THE SALAD

Toss quinoa with salad and dressing. Season with **salt and pepper**.



6. FINISH AND PLATE

Spread even amounts of yoghurt on bottom of plates. Top with salad and chicken.

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**

