




Product Spotlight: Almonds


Almonds are high in antioxidants that can protect your cells from oxidative damage, a major contributor to ageing and disease.



2 Moroccan Chicken and Buckwheat Salad

Roasted chicken breast and vegetables, tossed in a salad with buckwheat and a turmeric dressing.

 35 mins

 2 servings

 Chicken

11 June 2021

Add a little cheese!

Crumble some soft feta or goats cheese over your finished dish.

Per serve: **PROTEIN** 59g **TOTAL FAT** 25g **CARBOHYDRATES** 73g

FROM YOUR BOX

RED ONION	1/2 *
CAULIFLOWER	1/2 *
CHICKEN BREAST FILLETS	300g
BUCKWHEAT	100g
LEMON	1/2 *
TOMATO	1
MINT	1 packet (10g)
SUGAR SNAP PEAS	1/2 bag (75g) *
DRIED APRICOTS+ALMONDS	1 packet (120g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, turmeric, cumin seeds, honey (or sweetener of choice)

KEY UTENSILS

saucepan, oven tray

NOTES

We use honey as our sweetener, but feel free to use a sweetener of your choice. If you have some pomegranate molasses, that would be the ideal, traditional sweetener.



1. SEASON VEGETABLES

Set oven to 220°C. Wedge red onion, roughly chop cauliflower, arrange on a lined oven tray. Coat in **oil** and season with **1 tsp cumin seeds, salt and pepper**.



2. ROAST THE CHICKEN

Slash the chicken breast in 3-4 places. Coat in **oil, 1/2 tsp turmeric, 1/2 tsp cumin seeds, salt and pepper**. Place chicken on top of vegetables and roast for 20-25 minutes until cooked through.



3. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 12-15 minutes until tender. Drain and rinse.



4. PREPARE SALAD

In a large bowl whisk together **1 tbsp olive oil, lemon juice, 1/2 tsp turmeric, 1 tsp honey** (see notes), **salt and pepper**. Roughly chop the tomato, mint, peas and dried apricots.



5. TOSS THE SALAD

Add the roasted vegetables and buckwheat to the large bowl. Toss until well coated with dressing.



6. FINISH AND PLATE

Slice the roasted chicken breast. Divide salad evenly among bowls, top with chicken slices and slivered almonds.

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**

