

# MARLEY SPOON



## Spiced Tenderloins

with Vegetable Tabouleh



20-30min



2 Portions

If you're after a light and luscious Summer meal, then look no further! Chicken tenderloins cook in minutes and the vegetable tabouleh is so easy and quick to make. We've also taken our tabouleh up a notch with the addition of currants and almonds, these add sweetness and great crunch!



## What we send

- mint, parsley, spring onion
- burghul <sup>1</sup>
- Lebanese cucumber
- currants
- tomato
- lemon
- slivered almonds <sup>15</sup>
- Moroccan spice mix
- free-range chicken tenderloins

## What you'll require

- extra virgin olive oil
- salt and pepper

## Utensils

- chargrill or frypan
- grater
- medium saucepan
- small frypan

- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Tree Nuts (15). May contain traces of other allergens.

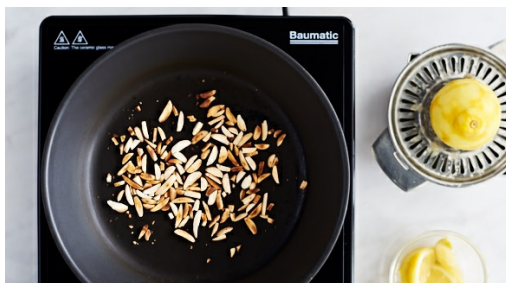
## Nutrition per serving

Energy 570.0kcal, Fat 15.6g, Proteins 47.8g, Carbs 50.7g



### 1. Prepare burghul

Heat a medium saucepan over high heat. Cook the **burghul**, stirring regularly, for 2-3 mins until toasted. Add 250ml (1 cup) water and season with **sea salt**. Cook over low heat for 3-5 mins until water is absorbed. Remove from heat and set aside to stand.



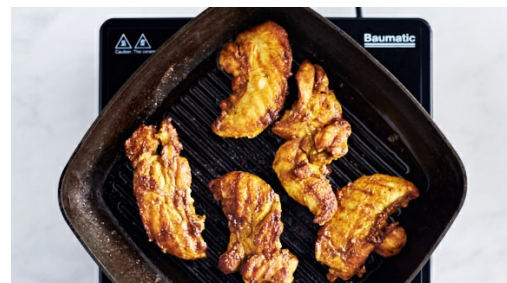
### 4. Toast almonds

Place the **almonds** in a small frypan over medium heat and cook, stirring, for 2-3 mins until toasted. Set aside. Zest the **lemon**. Juice half and cut remaining half into wedges.



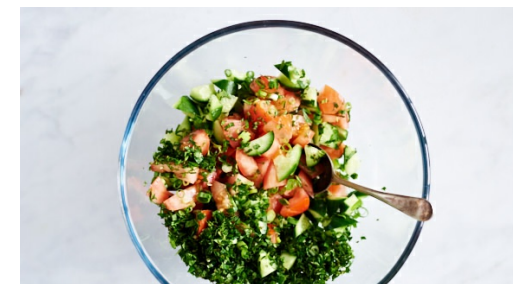
### 2. Prepare chicken

Meanwhile, place the **chicken tenderloins** in a bowl with 1 tbs **oil**, the **Moroccan spice mix** and a little **sea salt and pepper**. Toss well to coat the chicken.



### 5. Chargrill chicken

Heat a chargrill pan over medium-high heat until hot. Add the **chicken** and cook for 2-3 mins each side until charred and cooked through. Transfer to a plate and pour over 1 tbs **lemon juice**. Set aside for 2-3 mins.



### 3. Prepare vegetables

Dice the **tomatoes** and **cucumber**. Thinly slice the **spring onions**. Pick the **parsley** and **mint** leaves (discard stems) and coarsely chop. Place the tomato, cucumber, spring onion and herbs in a large bowl.



### 6. Finish tabouleh

Meanwhile, add the **burghul**, **almonds**, **currants**, 2 tbs **lemon juice** and 1 tsp **zest** to the **vegetables**. Season with **sea salt and pepper** to taste and toss to combine. Serve with the **chicken** and **lemon wedges**.