

MARLEY SPOON



Spiced Chicken Quinoa Bowl



20-30min



2 Portions

Speed and style are at the forefront of this jazzy stir-fry. We've given rice the boot and used super-grain quinoa for a protein punch. We've used lemongrass, chilli and garlic as the base and then pickled carrot and cucumber to add style and zing to this dish.

What we send

- long red chilli, garlic, coriander, mint, lemongrass
- cashews ¹⁵
- carrot
- lime
- fish sauce ⁴
- Lebanese cucumber
- quinoa
- free-range chicken mince

What you'll require

- salt and pepper
- vegetable oil
- white wine vinegar ¹⁷

Utensils

- sieve

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

Cooking tip

Only the white section of the lemongrass should be used. Trim and discard the light green section, or use to make a herbal tea.

Allergens

Fish (4), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 570.0kcal, Fat 16.7g, Proteins 47.6g, Carbs 49.4g



1. Cook quinoa

Rinse $\frac{2}{3}$ of the **quinoa** (save remaining quinoa for another use) and place in a small saucepan with 300ml water. Bring to the boil. Cover and reduce heat. Cook for 12 mins or until water has absorbed and quinoa is tender. Set aside for 5 mins and fluff with a fork.



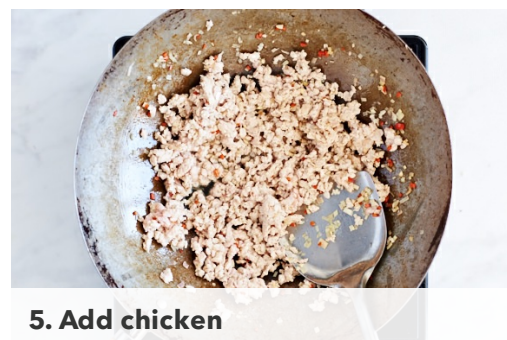
4. Start cooking

Heat 2 tsp **oil** in same pan over medium heat. Cook the **lemongrass, garlic** and half the **chilli**, stirring for 2 mins or until fragrant.



2. Prepare ingredients

Meanwhile, trim the **lemongrass** (see cooking tip) and finely chop. Finely chop the **chilli** (deseed for less heat if you prefer). Finely chop the **garlic**. Zest and juice half the **lime**. Cut remaining half into wedges. Cut the **carrot** and **cucumber** into matchsticks. Pick the **coriander** and **mint** leaves (discard stems). Finely chop half the coriander.



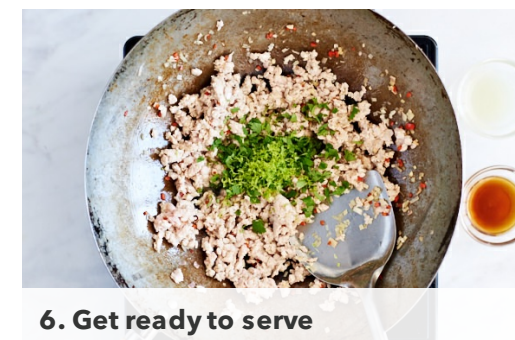
5. Add chicken

Increase heat to high, add the **chicken** and cook, stirring to break up any lumps, for 4-5 mins until browned and cooked through.



3. Pickle veggies

Place **carrot** and **cucumber** in a shallow dish and drizzle with 2 tbs **white wine vinegar**. Toss to coat keeping carrot and cucumber separate. Place the **cashews** in a wok or large frypan over medium heat. Cook for 5 mins, tossing, or until toasted. Set aside.



6. Get ready to serve

Add the **fish sauce, chopped coriander, lime zest** and **juice** to the **chicken** and stir to combine. Coarsely chop the **cashews**. Divide the **quinoa** between serving bowls. Top with chicken and veggies. Sprinkle with **coriander and mint leaves**, cashews and remaining **chilli**. Serve with **lime wedges**.