

DINNERLY



 **HEALTHY**

Middle Eastern Chicken Salad with Quinoa and Carrot Ribbons



20-30 minutes



4 Servings

Bring the aromatic flavours of the Middle East to the table fast. This simple warm chicken salad that sings with the tangy lemony taste of sumac is a cinch to make.

WHAT WE SEND

- free-range chicken tenderloin
- 250g white quinoa
- 10g ground sumac
- 2 carrots
- 60g pepitas
- 140g baby spinach leaves

WHAT YOU NEED

- garlic clove
- Australian honey
- olive oil
- salt and pepper
- water
- white wine vinegar ¹⁷

TOOLS

- large frypan
- sieve

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

COOKING TIP

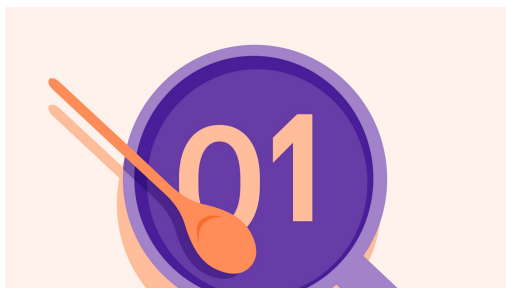
The remaining quinoa won't be used in this dish. It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 575kcal, Fat 26.8g, Carbs 32.9g, Proteins 46.5g



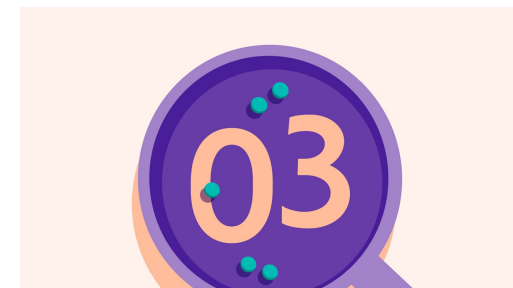
1. Cook quinoa

Rinse **200g (1 cup) quinoa** well in a sieve (see cooking tip). Put the quinoa and **330ml (1½ cups) water** in a medium saucepan and bring to a simmer. Cover with a lid and reduce the heat to low. Cook for 12 mins or until the water has absorbed and the quinoa is tender. Turn off the heat and allow to stand, covered, for 5 mins.



2. Prep ingredients

Meanwhile, peel the **carrots**, then cut into ribbons with a vegetable peeler. Finely chop **2 garlic cloves**. Combine **half the garlic, half the sumac and 1 tbs olive oil** in a large bowl. Add the **chicken**, season with **salt and pepper** and turn to coat.



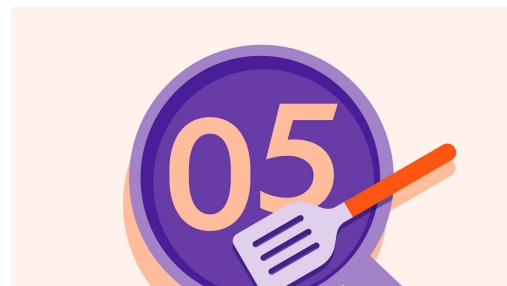
3. Cook pepitas and chicken

Put the **pepitas** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Heat the pan over medium-high heat. Cook the **chicken** for 2-3 mins each side until golden. Remove from the pan.



4. Make dressing

Meanwhile, put **2 tbs olive oil, 60ml (¼ cup) red wine vinegar, 2 tsp honey** and the **remaining sumac and garlic** in a large bowl, season with **salt and pepper** and whisk to combine.



5. Serve up

Thickly slice the **chicken**. Add the **quinoa, carrot, spinach** and **pepitas** to the dressing and toss to combine. Season well with **salt and pepper**. Divide the **salad and chicken** among bowls to serve.



6. Make it yours

Raise the Middle Eastern flavour stakes with a handful of raisins, finely shredded mint or fried onion. Or serve with lemon wedges to squeeze over.