

DINNERLY



 HEALTHY

 FAST

Light Baked Chicken with Mint Tabbouleh



20-30 minutes



2 Servings

Chicken tenderloins, slathered in honey-mustard and cooked in a flash, make the perfect topping for a zingy, crunchy, minty tabbouleh.

WHAT WE SEND

- free-range chicken tenderloins
- 1 red onion
- 125g burghul ¹
- 1 tomato
- 1 Lebanese cucumber
- 20g mint

WHAT YOU NEED

- balsamic vinegar ¹⁷
- boiling water
- chilli flakes
- Dijon mustard ¹⁷
- Australian honey
- olive oil
- salt and pepper

TOOLS

- baking paper
- oven tray

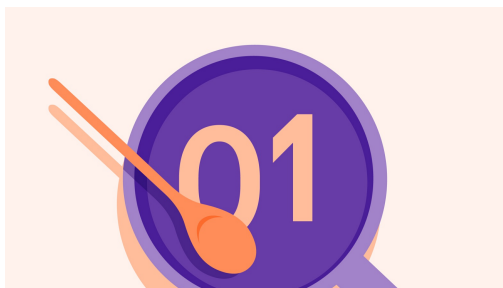
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 570kcal, Fat 22.1g, Carbs 46.3g, Proteins 41.7g



1. Soak burghul

Preheat the oven to 200C. Line an oven tray with baking paper. Put the **burghul, 150ml boiling water** and a **pinch of salt** in a large heatproof bowl and stir to combine. Cover with a plate or plastic wrap and stand for 5 mins. Fluff up the grains with a fork.



2. Bake chicken

Meanwhile, put the **chicken, 2 tsp olive oil, 1 tsp Dijon mustard, 1 tsp honey** and a **pinch of chilli flakes**, if desired, on the lined tray. Season well with **salt and pepper** and turn the chicken to coat all over. Pour **1 tbs water** over the chicken and bake for 8-10 mins or until golden and cooked through.



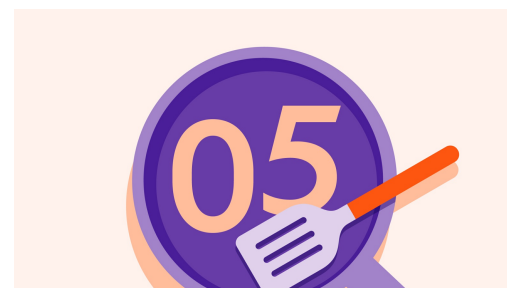
3. Prep veggies

Meanwhile, finely chop **half the onion** (the remaining onion won't be used in this dish). Cut the **tomato** into 1cm pieces. Quarter the **cucumber** lengthwise and cut into 1cm pieces. Finely chop the **mint**, discarding the stems and reserving the small leaves to serve.



4. Make dressing

Put **1½ tbs olive oil** and **1½ tbs balsamic vinegar** in a small bowl and whisk to combine.



5. Serve up

Add the **onion, tomato, cucumber, mint** and **dressing** to the burghul, season with **salt and pepper** and toss well to combine. Thickly slice the **chicken**. Divide the **tabbouleh** and **chicken** among bowls, drizzle with any remaining cooking juices and scatter with the **mint leaves** to serve.



6. Kitchen hack

Love a little char? Instead of baking, heat a chargrill pan over high heat and cook the chicken for 3-4 mins each side until golden and cooked through, instead of baking it.