



MARLEY SPOON



Grilled Chicken Salad with Broccoli, Quinoa and Almonds

 20-30min  2 Portions

Here's an old chef's trick at work - you start cooking the chicken on the stove top, then finish it in the oven to speed things up. Quinoa, toasted almonds, carrot and broccoli, roasted to sweet nuttiness, complete the salad, with some mint, a hint of lemon and an extra drizzle of fruity olive oil, if you like, over the top.

What we send

- lemon
- white quinoa
- free-range chicken breast fillet
- carrot
- broccoli
- mint
- slivered almonds 15

What you'll require

- extra virgin olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- fine grater
- oven tray
- sieve
- small saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

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

Allergens

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

Nutrition per serving

Energy 735kcal, Fat 32.7g, Carbs 48.0g, Proteins 54.9g



1. Cook quinoa

Preheat the oven to 200C. Put the **quinoa** in a sieve, then rinse well and drain (see cooking tip). Put the quinoa and **250ml (1 cup) water** in a small 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.



4. Prepare salad ingredients

While the chicken is cooking, shred the **carrot** using a julienne peeler, or coarsely grate. Pick the **mint** leaves, discarding the stems, and thinly slice the leaves. Finely grate the zest of **half the lemon**, then juice the half (see cooking tip). Combine the **broccoli** with **half the lemon zest** in a large bowl, tossing to mix well.



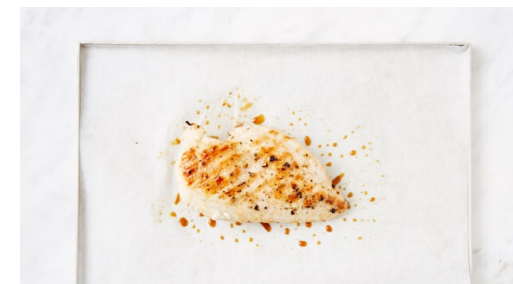
2. Roast broccoli

Line two oven trays with baking paper. Cut the **broccoli** into small florets. Put on one tray, drizzle with **2 tsp extra virgin olive oil** and season with **salt**. Toss to coat then roast for 15-18 mins until lightly charred. Meanwhile, put the **almonds** on the other tray and roast for 3-4 mins, until golden. Transfer to a large bowl, reserving the tray.



5. Make salad

Fluff the quinoa with a fork. Add to the **broccoli** with the **almonds, carrot, mint, 1 tbs extra virgin olive oil** and **1 tbs lemon juice**. Season to taste with **salt and pepper** then toss to combine well.



3. Cook chicken

Heat a chargrill pan over high heat. Season the **chicken** with **salt and pepper** and drizzle with **2 tsp extra virgin olive oil**. Chargrill the chicken for 2-3 mins each side until golden. Put the chicken on the reserved oven tray then roast for 8-10 mins, until cooked through.



6. Get ready to serve

Slice the **chicken**. Divide the **quinoa salad** and **grilled chicken** among plates. Drizzle with **extra virgin olive oil**, if desired, and scatter over the **remaining lemon zest** to serve.