

MARLEY SPOON



Cumin Chicken Salad

with Freekeh and Pickled Fennel



20-30min



2 Portions

Here's a modern take on the Middle Eastern approach to cooking, where subtle spices, seasonal veggies, herbs, lean meats and grains typically star. Simply toss the quick-cook components together, then finish with a scattering of pickled fennel. Too easy.

What we send

- 17
- 1

What you'll require

- Dijon mustard ¹⁷
- extra virgin olive oil
- Australian honey
- olive oil
- sea salt and pepper
- water
- white wine vinegar ¹⁷

Utensils

- medium frypan
- medium saucepan with lid
- sieve

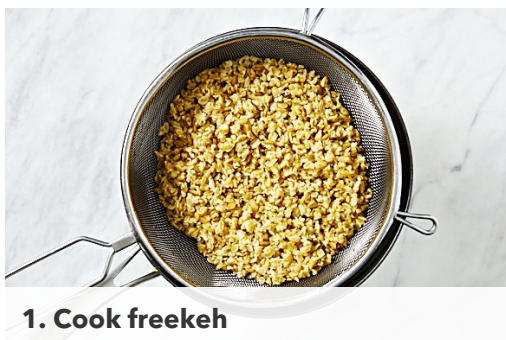
Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 710kcal, Fat 33.2g, Carbs 51.8g, Proteins 49.8g



1. Cook freekeh

Rinse the **freekeh** well, then put in a medium saucepan with **500ml (2 cups) water**. Bring to the boil, then reduce the heat to medium and cook, partially covered, for 15-18 mins until tender. Rinse under cold water to cool, then drain.



2. Prepare ingredients

Meanwhile, cut the **zucchini** into 1cm chunks. Finely chop the **parsley**, including the stems. Combine **2 tsp olive oil** and **1 tsp cumin and coriander spice blend** (the remaining spice blend won't be used in this dish) in a large bowl and season with **salt**. Add the **chicken** and stir to coat.



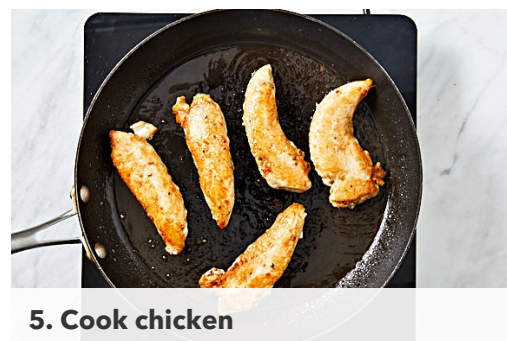
3. Make dressing

Combine **1½ tbs extra virgin olive oil**, **2 tsp white wine vinegar**, **1 tsp Dijon mustard** and **½ tsp honey** in a large bowl. Season with **salt and pepper**.



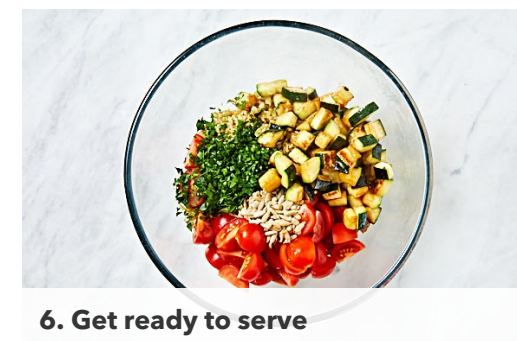
4. Toast seeds

Put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until light golden. Transfer to a bowl, reserving the pan. Quarter the **cherry tomatoes**.



5. Cook chicken

Heat the frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until cooked through. Transfer to a plate. Add the **zucchini** to the pan and cook, stirring occasionally, for 2 mins or until light golden. Remove the pan from the heat.



6. Get ready to serve

Shred the **chicken** into large chunks. Add the **chicken, resting juices, zucchini, tomato, parsley, freekeh** and **toasted seeds** to the **dressing**. Season with **salt and pepper** and toss to combine well. Divide the **chicken, herb and freekeh salad** among plates. Scatter with the **pickled fennel** to serve.