

# MARLEY SPOON



## Cumin Chicken Salad

with Freekeh and Pickled Fennel



20-30min



4 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

- 1
- 17
- 2 x 40g sunflower seeds

## What you'll require

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

## Utensils

- large frypan
- medium saucepan with lid
- sieve

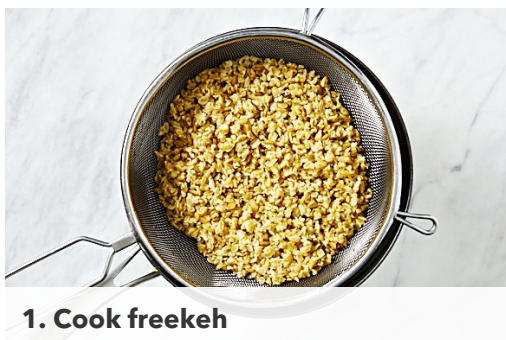
Our vegies come fresh from the farm, so please wash them before use.

## Allergens

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

## Nutrition per serving

Energy 700kcal, Fat 33.1g, Carbs 50.4g, Proteins 49.5g



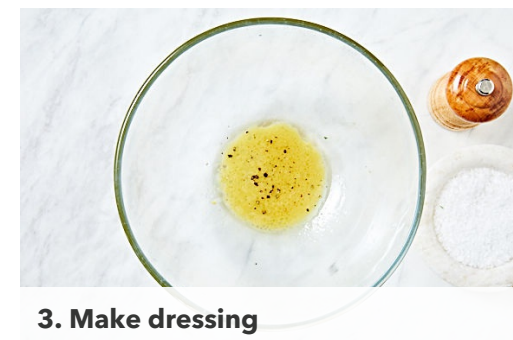
**1. Cook freekeh**

Rinse the **freekeh** well, then put in a medium saucepan with **1L (4 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 **1 tbs olive oil** and **2 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.



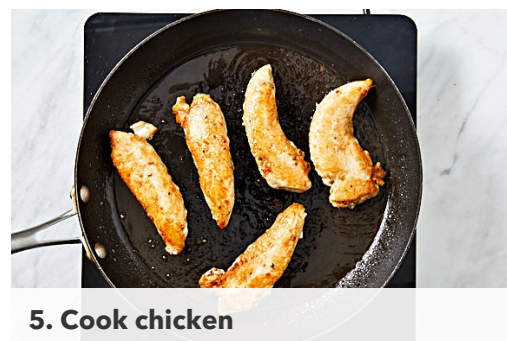
**3. Make dressing**

Combine **60ml (¼ cup) extra virgin olive oil**, **1 tbs white wine vinegar**, **2 tsp Dijon mustard** and **1 tsp honey** in a large bowl. Season with **salt and pepper**.



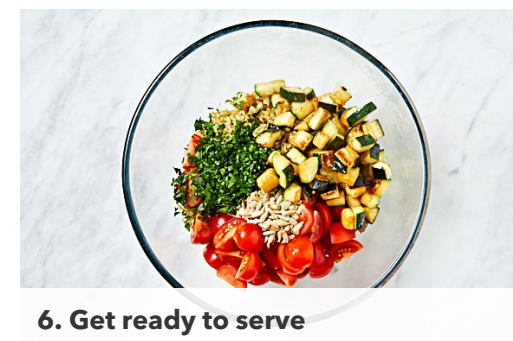
**4. Toast seeds**

Put the **sunflower seeds** in a cold large 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.