

DINNERLY



Chicken Fattoush Salad with Charred Tomato Dressing



20-30 minutes



2 Servings

A salad with substance, this chicken fattoush is layered with crispy pepitas and toasted bread which soaks up all the tomato juices. The perfect summer dinner? You bet.

WHAT WE SEND

- free-range chicken tenderloins
- 30g pepitas
- 2 naan breads ^{1,3,6,7}
- 70g rocket leaves
- 1 tomato
- 50g feta ⁷

WHAT YOU NEED

- garlic clove
- olive oil
- sugar

TOOLS

- foil
- oven tray
- small frypan

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

ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 640kcal, Fat 36.8g, Carbs 29.4g, Proteins 46.1g



1. Prep ingredients

Preheat the grill to high. Line 2 oven trays with foil. Halve the **tomato**. Crush or finely chop **1 garlic clove**. Put the garlic and **1½ tbs olive oil** in a small bowl, season with **salt and pepper** and stir well to combine.



2. Grill chicken and tomato

Put the **chicken** and **tomato** on 1 lined tray, add the **garlic oil**, reserving 2 tsp, and toss to coat. Put **1 naan** on the other tray (the remaining naan won't be used in this dish) and brush both sides with the **remaining garlic oil**. Grill the chicken and tomato, turning once, for 6-8 mins until the chicken is cooked through and the tomato is slightly charred.



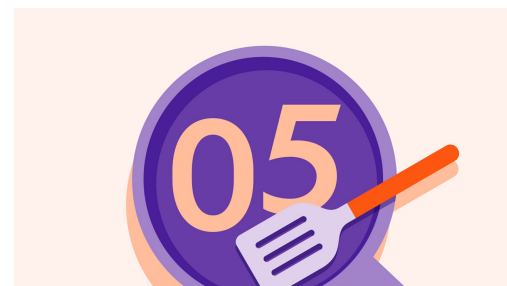
3. Toast pepitas

Meanwhile, put the **pepitas** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove the pan from the heat. Grill the **naan** for 2 mins each side or until golden. Set aside to cool slightly.



4. Make dressing

Put the **tomato** and **any tray juices**, **2 tsp olive oil**, **1 tbs red wine vinegar** and **1 tsp sugar** in a large bowl and coarsely mash with a fork until well combined. Season with **salt and pepper**.







5. Assemble and serve

Thickly slice the **chicken**. Tear the **naan** into large pieces. Add the chicken, naan and **rocket** to the **dressing** in the bowl and toss well to combine. Divide among bowls. Scatter over the **pepitas**, crumble over **half the feta** (the remaining feta won't be used in this dish) and enjoy.



6. Make it yours

Toss through torn basil or mint leaves for summer freshness or add bulk with leftover roast veggies, such as pumpkin, onion or sweet potato.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 **Packed in Australia**
from at least **90%**
Australian ingredients