

# DINNERLY



## Chunky Chicken Grain Bowl with Sweet Shredded Beetroot



20-30 minutes



2 Servings

This bowl full of goodness combines juicy miso-chicken, crunchy cucumber and vibrant beetroot in a honey vinaigrette for a rainbow of flavour in every bite.

## WHAT WE SEND

- 1 large free-range chicken breast fillet
- 200g beetroot
- 1 Lebanese cucumber
- 1 red onion
- 20g miso paste WAS 30g <sup>16</sup>
- 125g red rice WAS red rice

## WHAT YOU NEED

- garlic clove
- Australian honey
- olive oil
- white wine vinegar <sup>17</sup>

## TOOLS

- box grater
- medium frypan
- medium saucepan
- sieve

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

## COOKING TIP

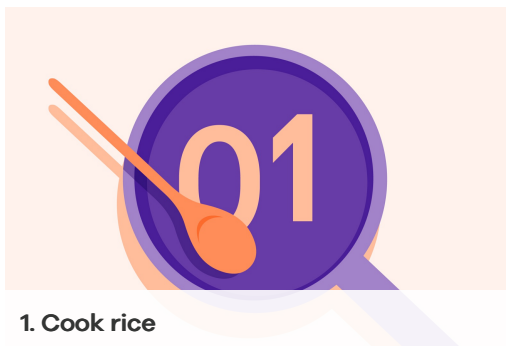
We changed the barley pictured to organic red rice due to availability. Don't worry, this dish will be just as delicious. Happy eating!

## ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

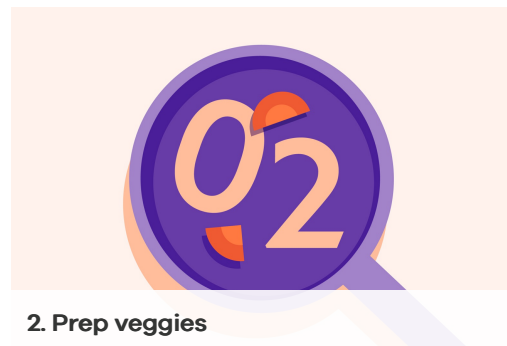
## NUTRITION PER SERVING

Energy 655kcal, Fat 17.8g, Carbs 68.3g, Proteins 50.2g



### 1. Cook rice

Bring a medium saucepan of water to the boil. Cook **150g (¾ cup) rice** (see cooking tip; the remaining rice won't be used in this dish) for 25 mins or until tender. Drain.



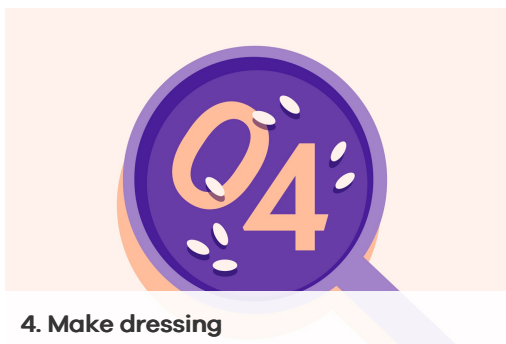
### 2. Prep veggies

Meanwhile, crush or finely chop **2 garlic cloves**. Peel, then coarsely grate **two-thirds of the beetroot** (the remaining beetroot won't be used in this dish). Halve the **cucumber** lengthwise, then slice thinly. Thinly slice the **onion** into wedges.



### 3. Pan-fry chicken

Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Rub the **chicken** with **half the garlic**, **1 tsp miso** and **1 tbs olive oil**. Season with **salt and pepper**. Heat a medium frypan over medium-high heat. Cook the chicken for 3-4 mins each side until golden and cooked through. Remove the pan from the heat.



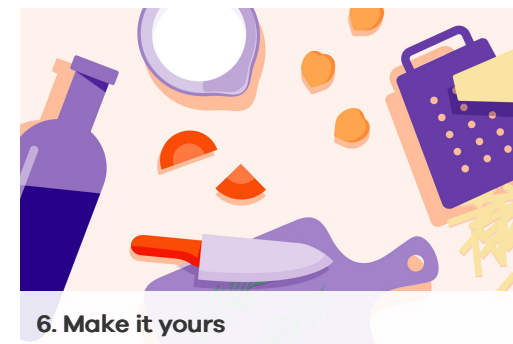
### 4. Make dressing

Meanwhile, put the **grated beetroot** and **2 tsp white wine vinegar** in a bowl, season with **salt and pepper** and stir to combine. Put the **remaining garlic**, **1 tsp miso** (the remaining miso won't be used in this dish), **2 tsp honey**, **1 tbs white wine vinegar** and **2 tsp olive oil** in a large bowl, season with **salt and pepper** and whisk to combine.



### 5. Serve up

Thickly slice the **chicken**. Add the **rice**, **cucumber** and **onion** to the **dressing** and stir to combine. Divide among bowls, top with the **chicken** and **beetroot** and enjoy.



### 6. Make it yours

Freshen up this salad with any herbs you have on hand, such as basil, parsley or mint. Or crumble over some feta for a cheesy hit.