

# DINNERLY



 HEALTHY

## Cumin-Scented Chicken with Chunky Ratatouille and Quinoa



20-30 minutes



4 Servings

## WHAT WE SEND

### WHAT YOU NEED

- olive oil
- red wine vinegar <sup>17</sup>
- sugar

### TOOLS

- large frypan
- medium saucepan
- sieve

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

### ALLERGENS

Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 575kcal, Fat 18.2g, Carbs 47.3g, Proteins 45.3g



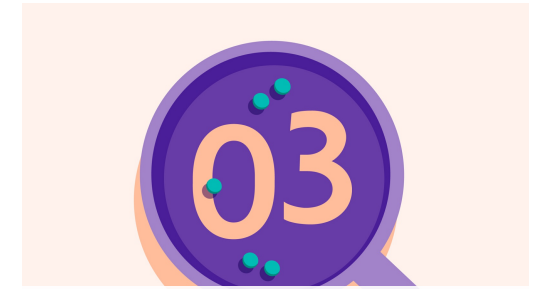
#### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the quinoa. Cut the **zucchini** into 3cm chunks. Cut the **onion** into thin wedges. Crush or finely chop **3 garlic cloves**. Dust the **chicken** with **1 tsp cumin and coriander spice blend** and season with **salt and pepper**.



#### 2. Cook quinoa

Rinse the **quinoa** thoroughly in a sieve and drain. Add the quinoa to the pan of boiling water and cook for 12 mins or until tender. Drain.



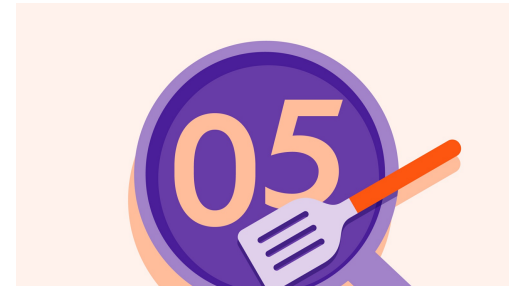
#### 3. Cook chicken

Meanwhile, heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the **chicken** for 2 mins each side or until golden and cooked through. Remove from the pan and keep warm.



#### 4. Cook ratatouille

Heat **2 tbs olive oil** in the same pan over medium-high heat. Cook the **zucchini, onion, garlic** and **1½ tsp cumin and coriander spice blend**, stirring, for 4-5 mins until veggies are golden. Add the **tomatoes, 1 tbs red wine vinegar** and **2 tsp sugar** and cook for 8 mins or until the sauce is thickened.



#### 5. Serve up

Remove the ratatouille from the heat. Taste, then season with **salt and pepper**. Cut the **chicken** in half. Divide the **quinoa, chicken** and **ratatouille** among plates and enjoy!



#### 6. Make it yours

Add some heat by sprinkling the veggies with chilli flakes as they cook. Or go light and fresh by scattering over fresh herbs, such as basil or parsley, to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)    **#dinnerly**

 Packed in Australia  
from at least 50%  
Australian ingredients