

DINNERLY



⚡ FAST

🍏 HEALTHY

Sticky Chicken Tenders with Pumpkin and Spinach Burghul

🕒 20-30 minutes 🍴 2 Servings

It's healthy, it's fast, it's fabulous. Fry up some garlicky pumpkin and carrot, toss through some spinach and nutty burghul, then serve with tender baked chicken.

WHAT WE SEND

- 1

WHAT YOU NEED

- boiling water
- Australian honey
- mustard¹⁰
- olive oil
- olive oil spray

TOOLS

- baking paper
- box grater
- fine grater
- medium deep frypan or saucepan
- oven tray

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

ALLERGENS

Gluten (1), Mustard (10). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 585kcal, Fat 11.0g, Carbs 62.2g, Proteins 43.4g



1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Finely grate the zest of **half the lemon**, then juice the half (see Make it yours). Peel the **pumpkin**, then coarsely grate. Peel and coarsely grate the **carrot**. Crush or finely chop **2 garlic cloves**.



2. Cook burghul

Put the **burghul** in a heatproof bowl, pour in **200ml boiling water**, add **1 tsp olive oil**, season with **salt and pepper** and stir to combine. Cover the bowl with a plate and stand for 5-8 mins until the water is absorbed.



3. Roast chicken

Meanwhile, combine the **lemon juice**, **1 tbs honey** and **2 tsp wholegrain mustard** in a bowl and season well with **salt and pepper**. Spray or brush the **chicken** with **olive oil**, add to the marinade and stir to coat. Transfer the chicken to the lined tray and roast for 10-12 mins until golden, sticky and cooked through.



4. Cook veggies

Heat **3 tsp olive oil** in a medium deep frypan over medium heat. Add the **pumpkin**, **carrot**, **garlic** and **lemon zest**. Season with **salt and pepper** and cook, stirring occasionally, for 5 mins or until soft. Remove the pan from the heat.







5. Serve it up

Stir the **spinach leaves** and **burghul** through the **pumpkin mixture**. Divide among plates and top with the **sticky chicken**. Spoon over any tray juices and enjoy!



6. Make it yours

The remaining lemon won't be used in this dish, although it would be great cut into wedges and served on the side. Add some crunch by scattering over toasted pepitas, sunflower seeds or almonds.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au     #dinnerly

 **Packed in Australia**
from at least **75%**
Australian ingredients