

DINNERLY



 HEALTHY

Miso Chicken Grain Bowl with Green Veggies



20-30 minutes



2 Servings

Freekeh! Fun to say and great to eat. Marinate chicken in ginger, honey and umami-loaded miso, then quickly pan-fry and serve with nutty freekeh and lots of healthy greens.

WHAT WE SEND

- 1,6
- 1

WHAT YOU NEED

- Australian honey
- olive oil
- white wine vinegar ¹⁷

TOOLS

- fine grater
- julienne peeler or box grater
- medium frypan
- medium saucepan with lid
- sieve

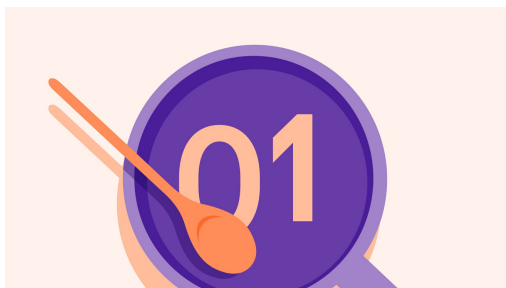
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

NUTRITION PER SERVING

Energy 599kcal, Fat 23.5g, Carbs 51.8g, Proteins 46.5g



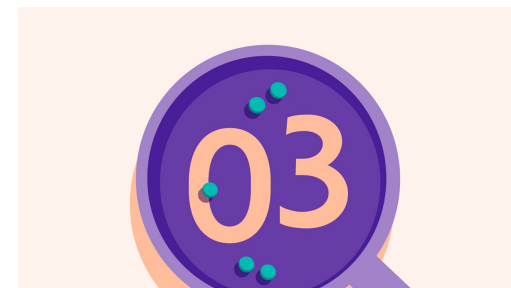
1. Cook freekeh

Rinse the **freekeh** well, then put in a medium saucepan with **1L (4 cups) water** and bring to the boil. Reduce the heat to medium and cook, partially covered, for 15-18 mins or until tender. Drain well.



2. Make dressing

Meanwhile, peel, then finely grate the **ginger**. Put the **miso**, **1½ tsp grated ginger** (the remaining ginger won't be used in this dish), **1½ tbs olive oil**, **2 tsp white wine vinegar**, **2 tsp water** and **1 tsp honey** in a small bowl. Season with **salt and pepper** and whisk to combine.



3. Prep ingredients

Shred or coarsely grate the **zucchini** with a julienne peeler or box grater. Put the **spinach** and **1 tbs of the dressing** in a bowl and toss to coat. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



4. Cook chicken

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Season the **chicken** with **salt and pepper** and cook for 3-4 mins each side until golden and cooked through. Remove from the pan and rest for 3 mins.



5. Serve it up

Thinly slice the **chicken**. Divide the **freekeh**, **chicken**, **zucchini** and **spinach** among bowls. Drizzle with the **remaining dressing**.



6. Make it yours

Add some sliced cucumbers and scatter over some toasted sesame seeds and pepitas for extra crunch.