

DINNERLY



⚡ FAST

🍏 HEALTHY

Middle Eastern Chicken Salad with Quinoa and Yoghurt Dressing

🕒 20-30 minutes 🍴 2 Servings

Bring the aromatic flavours of the Middle East to the table with this warm chicken salad. It sings with the tangy lemony taste of sumac, and is a cinch to make too.

WHAT WE SEND

- 125g white quinoa
- 1 carrot
- 5g ground sumac
- free-range chicken tenderloins
- 100g Greek-style yoghurt ⁷
- 1 lemon
- 70g baby spinach leaves

WHAT YOU NEED

- garlic clove
- olive oil
- red or white wine vinegar ¹⁷
- Australian honey

TOOLS

- sieve
- small saucepan with lid
- vegetable peeler
- medium frypan

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

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 565kcal, Fat 15.7g, Carbs 47.5g, Proteins 46.8g



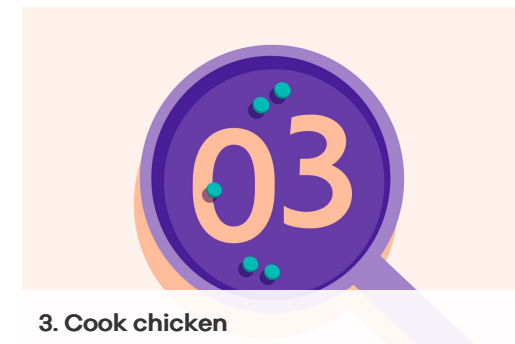
1. Cook quinoa

Rinse the **quinoa** well in a sieve, then drain. Put the quinoa in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer. Reduce the heat to low and cook, covered, for 12-15 mins until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins.



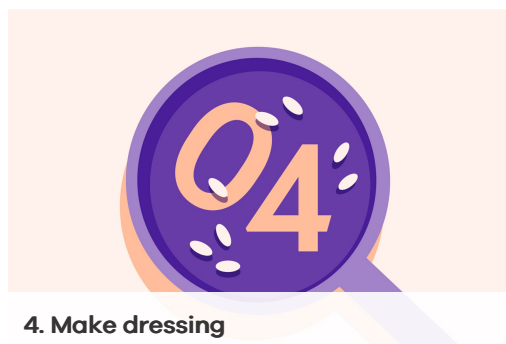
2. Prep ingredients

Meanwhile, peel the **carrot**, then peel into ribbons with a vegetable peeler. Crush or finely chop **1 garlic clove**. Combine **half the garlic, half the sumac** and **2 tsp olive oil** in a large bowl. Add the **chicken**, season with **salt and pepper** and turn to coat.



3. Cook chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 2-3 mins each side until golden. Remove from the pan.



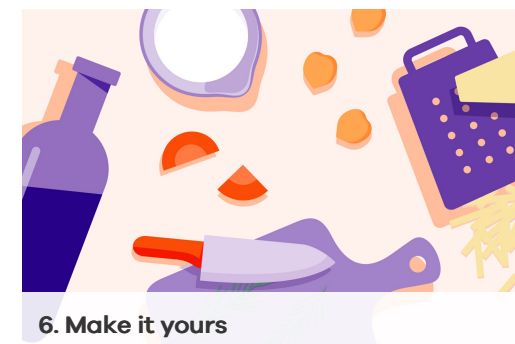
4. Make dressing

Meanwhile, put the **yoghurt, remaining garlic, remaining sumac, 2 tsp olive oil, 2 tsp red wine vinegar** and **1 tsp honey** in a bowl, season with **salt and pepper** and whisk to combine. Cut **half the lemon** into wedges (the remaining lemon won't be used in this dish).



5. Serve up

Thickly slice the **chicken**. Put the **quinoa, carrot** and **spinach** in a large bowl, drizzle over **most of the dressing** and toss to combine. Taste, then season with **salt and pepper**. Divide the **salad** and **chicken** among bowls, drizzle with the **remaining dressing** and serve with **lemon wedges** to squeeze over.



6. Make it yours

Add more Middle Eastern flavour with a handful of raisins, toasted almonds, finely shredded mint or fried onion.