

DINNERLY



⚡ FAST

🍏 HEALTHY

Middle Eastern Chicken Salad with Quinoa and Yoghurt Dressing



20-30 minutes



4 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

- 250g white quinoa
- 2 carrots
- 2 x 5g ground sumac
- free-range chicken tenderloins
- 150g Greek-style yoghurt ⁷
- 1 lemon
- 140g baby spinach leaves

WHAT YOU NEED

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

TOOLS

- sieve
- medium saucepan with lid
- vegetable peeler
- large 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.

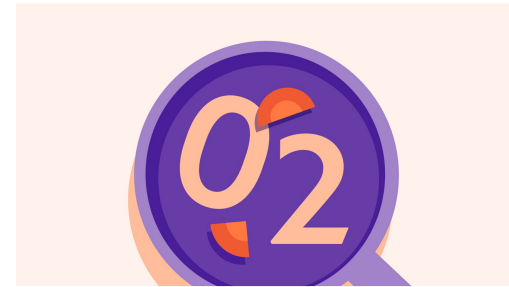
NUTRITION PER SERVING

Energy 550kcal, Fat 15.1g, Carbs 46.4g, Proteins 46.1g



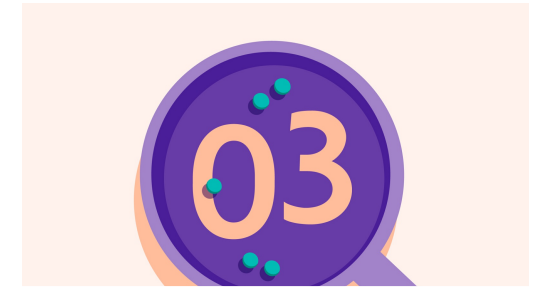
1. Cook quinoa

Rinse the **quinoa** well in a sieve, then drain. Put the quinoa in a medium saucepan with **450ml 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 **carrots**, then peel into ribbons with a vegetable peeler. Crush or finely chop **2 garlic cloves**. Combine **half the garlic, half the sumac** and **1 tbs olive oil** in a large bowl. Add the **chicken**, season with **salt and pepper** and turn to coat.



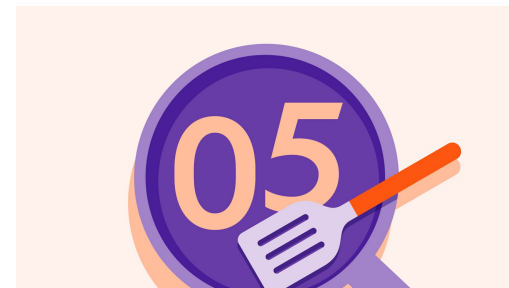
3. Cook chicken

Heat a large 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, 1 tbs olive oil, 1 tbs red wine vinegar** and **2 tsp honey** in a bowl, season with **salt and pepper** and whisk to combine. Cut the **lemon** into wedges.







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.

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