

# Lemon, Sumac Chicken

with Quinoa 2 ways

## Ingredients

serves 4

### Chicken & marinade

400g chicken breast fillets\*  
(2 large)  
Zest of 1 lemon, finely grated  
4 tablespoons lemon juice  
2 teaspoons sumac  
2 teaspoons chopped thyme  
2 teaspoon olive oil  
Lots freshly ground black pepper  
Quarter teaspoon sea salt

### Quinoa (pronounced Kinwah)

1 cup Quinoa  
1 chicken or vegetable stock  
1 grated carrot  
salt and pepper  
1 teaspoon cumin  
1 teaspoon coriander

### Blanched greens

24 asparagus spears  
200g Sugar snap peas  
1 Carrot, thick julienne

### Salad

4 cups Spinach leaves, washed, dried  
Orange segments (1 - 2 oranges)  
2 cups sliced cucumber  
100g Green olives - sicilian, pitted

### dressing

2 tablespoons olive oil  
2 tablespoons lemon juice  
1 teaspoon honey or pomegranate  
molasses  
1 teaspoon sumac

1 tablespoon toasted sesame seeds

(\* recipe instructions are for whole chicken breast fillets but if you are in a hurry, you can slice the fillets in half horizontally which will reduce the cooking time. You can also cook extra chicken so that you have leftovers for lunches.)

## Method

1. Combine marinade ingredients and rub into chicken. Marinade overnight or for a few hours.
2. Place Quinoa and all ingredients into a small saucepan and bring to the boil. Reduce immediately and simmer for 12 - 15 minutes, stirring to ensure it does not stick to the bottom. Once stock absorbed, test for softness, if soft transfer to a dish so it does not continue to cook. If still a little firm, stand and allow to cook a little longer in residual heat. Fluff a little with a fork to separate.
3. Heat large frypan over medium heat & once medium-hot, add chicken fillets. Cook 5 minutes and turn, cook further 5 minutes.
4. Reduce heat and cook further 2 minutes. Transfer to a plate and keep warm. Deglaze pan with marinading juices, heat gently 30 seconds and pour over chicken.
5. Top and tail peas and snap woody ends off asparagus. Peel and julienne carrots so they are the same thickness as the asparagus.
6. To blanch veggies, boil water in deep stainless steel frying pan. Reduce to a simmer and place veggies in pan. Simmer 30 seconds tops.\*

## DINNER PLATE VERSION

- Place half cup quinoa in centre of each plate.
- Place chicken on board and cut with sharp knife into thick slices across the grain. Place quarter of the chicken on top of quinoa.
- Place blanched veggies on plate and serve.

## SALAD VERSION

Follow steps 1 - 6 above.

\* If wanting cold blanched veg, reduce quantity of veg. Fill a large container with cold water. Follow cooking instructions above. Once cooked, transfer veggies to cold water and cool for 2 minutes.

- Combine all salad ingredients including sliced chicken and quinoa in a large bowl.
- Shake dressing ingredients in a jar and stir through salad.
- Serve in individual bowls sprinkled with sesame seeds.