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## Zesty Lime & Pepper Chicken with Quinoa

Zesty chicken coupled with South-American natives; quinoa and sweet potato, sit-pretty together in this simple and flavoursome bowl. Quinoa is high in protein, earning its rightful titles of 'healthy' and 'superfood'. The nutty flavour of quinoa lends itself well to the simple lime and pepper marinade for the chicken.



**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins



level 1



high  
protein



eat me  
early

### Pantry Items



Olive Oil



Hot Water



Black Pepper



Lime



Chicken Breast



Quinoa



Vegetable Stock



Sweet Potato



Zucchini



Coriander

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
½	1	lime, zested & juiced
¼ tsp	½ tsp	cracked black pepper (or ground pepper) *
1 fillet	2 fillets	chicken breast, halved lengthways
½ cup	1 cup	quinoa, rinsed
1 ½ cups	3 cups	hot water *
1 cube	2 cubes	vegetable stock, crumbled
2	4	sweet potato, unpeeled & sliced into 5 mm discs
1	2	zucchini, cut into ribbons
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2880	Kj
Protein	52.2	g
Fat, total	21	g
-saturated	4.4	g
Carbohydrate	71.2	g
-sugars	13.7	g
Sodium	375	mg



**You will need:** *chef's knife, chopping board, sieve, zester, juicer, two oven trays lined with baking paper, medium bowl, medium saucepan with a lid, spatula, and a chargrill pan.*

**1** Preheat the oven to **220°C/200°C** fan-forced.

**2** In a medium bowl combine half of the **olive oil**, half of the **lime zest**, all of the **lime juice**, the **cracked black pepper**, and a pinch of salt. Add the **chicken breast fillets**, coat well and marinate for **10 minutes**.

**3** Meanwhile, place the **quinoa**, **hot water** and **crumbled vegetable stock cube** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer for **12-15 minutes** or until the quinoa is tender and the water has absorbed. Drizzle with a little olive oil and add the remaining lime zest. Cover with the lid to keep warm.

**4** Meanwhile, toss the **sweet potato** in half of the remaining olive oil. Season with salt and pepper and place on half of one of the prepared oven trays. Cook in the oven for **15 minutes**. Toss the **zucchini** in the remaining olive oil and add to the tray with the sweet potato. Cook for a further **15 minutes**.

**5** Heat a chargrill pan over a medium-high heat. Add the marinated chicken and cook for **3 minutes** on each side. Transfer to the remaining oven tray. Cook for **7-10 minutes** or until cooked through. Remove and slice the chicken.

**6** To serve, toss to combine the quinoa, sweet potato slices, zucchini and **coriander**. Divide between plates and top with the sliced chicken.

**Did you know?** Quinoa, while prepared and eaten like a grain, is actually a seed.

