

# Garlicky Chicken & Quinoa-Millet Salad

with Semi-Dried Tomatoes & Fetta Yoghurt

Grab your Meal Kit with this symbol



Quinoa & Millet Blend



Kale



Garlic



Garlic & Herb Seasoning



Chicken Tenderloins



Fetta Cubes



Greek-Style Yoghurt




Soffritto Mix



Semi-Dried Tomatoes

Prep in: **25-35** mins  
Ready in: **30-40** mins

 Eat Me Early

 Calorie Smart

Give juicy chicken tenders a rich depth of flavour with our garlic and herb seasoning; it creates a lovely char on the chicken in the pan, and complements the sweetness of the honey. Serve over a fluffy quinoa and millet salad, which gets a wonderful tang from the semi-dried tomatoes, then make it even better with the creamy feta yoghurt.

### Pantry items

Olive Oil, Honey, Red Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
quinoa & millet blend	1 medium packet	1 large packet
kale	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	1 large packet
fetta cubes	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
<b>honey*</b>	1 tbs	2 tbs
soffritto mix	1 medium bag	1 large bag
semi-dried tomatoes	1 medium packet	2 medium packets
<b>red wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2077kJ (496Cal)	491kJ (117Cal)
Protein (g)	49.7g	11.7g
Fat, total (g)	10g	2.4g
- saturated (g)	4.1g	1g
Carbohydrate (g)	49.1g	11.6g
- sugars (g)	14.7g	3.5g
Sodium (mg)	907mg	214mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the quinoa & millet blend

- Boil the kettle. Rinse **quinoa & millet blend** using a sieve.
- Half-fill a medium saucepan with the boiling water. Add **quinoa & millet blend** and a pinch of **salt**. Cook, uncovered, over high heat until tender, **12-15 minutes**.
- Drain and return to saucepan.

**TIP:** Rinsing the grain blend helps remove any bitter flavour!



## Cook the veggies

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **soffritto mix**, stirring, until tender, **3-4 minutes**.
- Add **kale** and cook, stirring, until softened, **1-2 minutes**.
- Remove pan from heat.



## Get prepped

- While the grain blend is cooking, tear **kale** leaves from stems, then roughly chop leaves. Finely chop **garlic**.
- In a medium bowl, place **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken tenderloins**, tossing to coat. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**. Transfer to a small bowl. Crumble in **fetta cubes** and mash to combine. Stir in **Greek-style yoghurt**.



## Bring it all together

- To the saucepan with the quinoa & millet, add cooked **veggies**, **semi-dried tomatoes** and a drizzle of **red wine vinegar** and **olive oil**.
- Toss to combine. Season to taste.



## Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through, **3-4 minutes** each side.
- In the last minute, add the **honey**, tossing **chicken** to coat. Transfer to a bowl and cover to keep warm.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**TIP:** The seasoning will char slightly in the pan, this adds to the flavour!



## Serve up

- Divide quinoa-millet salad between bowls.
- Top with garlicky chicken and fetta yoghurt. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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