



Cooking Made Easy

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Oven Baked Chicken with an Orange and Sesame Quinoa Salad

This lovely late summer salad is bursting with great flavours and nutrients! For this Quick Dinner we combined simple, citrusy and tangy flavours with fresh herbs to create a dressing with an oriental flare; who knew that making a healthy dressing could be this easy and delicious?! It works perfectly with the chicken and the lovely Peruvian 'pseudo-grain'- Quinoa; which if you didn't already know is naturally gluten free and contains nine essential amino acids. So, unload your food box, get your dinner forks ready and go for it!



35 min



healthy



lactose free



Chicken Breasts



Quinoa



Garlic Clove



Red Onion



Carrot



Red Pepper



Coriander



Orange



Kale



Tahini Paste



Soy Sauce



Rice Vinegar

Ingredients

	2P	4P
Chicken Breasts	2	4
Quinoa	¾ cup	1½ cups
Garlic Clove, diced	1	2
Red Onion, chopped	½	1
Carrot, grated	½	1
Red Pepper, chopped	1	2
Coriander, chopped	2 tbsp	4 tbsp
Orange	½	1
Kale, chopped	1½ handfuls	3 handfuls
Tahini Paste 1	½ tbsp	1 tbsp
Soy Sauce 2, 3	1 tsp	2 tsp
Rice Vinegar	1 tbsp	2 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sesame | **2)** Soya
3) Gluten

Nutrition per serving: Calories: 405 kcal | Protein: 26 g | Carbs: 59 g | Fat: 7 g | Saturated Fat: 1 g



1 Pre-heat the oven to 200 degrees. Lightly grease a baking tray with ½ tbsp of olive oil and place the chicken onto the tray. Season with a pinch of salt and pepper and put on the top shelf of your oven to cook for 25 mins or until cooked through, turning once. **Tip:** *The chicken is cooked when no longer pink in the middle.*



2 **Tip:** *If you have a really fine sieve, rinse the quinoa under running water for at least 30 seconds.* Boil a medium-sized pot of water with ¼ tsp salt. Boil the quinoa for 15 mins then drain. **Tip:** *Make sure the water stays on a rapid boil the whole time.* Put back in the dry pan and cover with a tea towel.



3 Meanwhile, peel and finely dice the garlic. Peel and chop the red onion. Peel and finely grate the carrot. Remove the core from the pepper and chop it into ½cm cubes. Finely chop the coriander. Zest and juice the orange.



4 If the kale has any tough stems at the bottom, cut these off and discard them. Chop the leaves into bite-sized pieces. Boil a large pot of

water and add ¼ tsp of salt. Add the kale and cook for 2 mins then drain and set aside.

5 Prepare the dressing: in a bowl, mix together the coriander, half the orange zest, 3 tbsp of orange juice, the tahini, soy sauce, rice vinegar, a grind of pepper and 1 tbsp of olive oil. Whisk the ingredients together until combined.

6 Place the quinoa into a large salad bowl and fluff it with a fork to separate the grains. Add the garlic, onion, carrot and pepper. **Tip:** *We like our veggies full of flavour and crunch, but if you prefer them slightly warm just fry them for 2 mins in a pan with ½ tbsp of olive oil on medium-high heat, before adding to the quinoa.* Add your drained kale to the mix, pour three quarters of the dressing over the salad and then toss the ingredients together to mix them.

7 Once the chicken is cooked through, slice the chicken diagonally into 1cm strips and serve it over the salad. Drizzle over the remaining dressing. Serve and enjoy every lip-smackingly satisfying bite!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!