







More Than Food
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Grilled Chicken with Saffron Spiced Freekeh and Zahtar Dressing

We can almost see spring on the horizon and we are so excited for the flowers to blossom and the sun to return that we are celebrating with this super healthy dish. This lemony grilled chicken breast teamed with saffron spiced freekeh and a zingy zahtar dressing is the perfect dish to give you that (almost) springtime feeling!

 40 mins

 1 of your 5 a day

 mealkit

 spicy



Chicken Breast (2)



Lemon (1)



Echalion Shallot (1)



Garlic Clove (1)



Saffron (1 pinch)



Water (500ml)



Freekeh (100g)



Flat Leaf Parsley (1 bunch)



Mint (1 bunch)



Red Chilli (1/2)




Zahtar Spice (1 tbs)



Baby Spinach (1 bag)

2 PEOPLE INGREDIENTS

- Chicken Breast **2**
- Lemon **1**
- Echalion Shallot, sliced **1**
- Garlic Clove, grated **1**
- Saffron **1 pinch**
- Water **500ml**
- Freekeh **100g**
- Flat Leaf Parsley, chopped **1 bunch**
- Mint, chopped **1 bunch**
- Red Chilli, sliced **½**
- Zahtar Spice **1 tbsp**
- Baby Spinach **1 bag**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Freekeh was first discovered in 2300 BC in the Eastern Mediterranean when a city under siege harvested their wheat crop early.

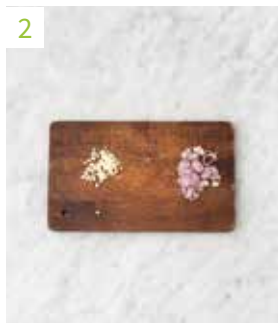
Allergens: Gluten, Sesame.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	351 kcal / 1479 kJ	5 g	1 g	32 g	2 g	40 g	0 g
Per 100g	98 kcal / 412 kJ	2 g	0 g	9 g	1 g	11 g	0 g



1 Preheat your grill to medium-high. Pop the **chicken** on a foil lined baking tray and season with **salt** and **black pepper**. Zest the **lemon** using the fine side of your grater. Massage a splash of **oil**, a pinch of **lemon zest** and **salt** and a grind of **black pepper** into your **chicken** and keep to one side.

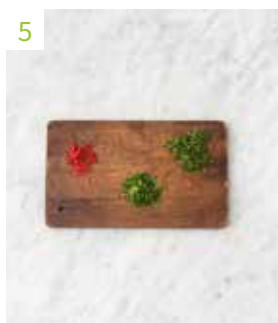


2 Wash your hands and get on with the rest of your prep. Cut the **shallot** in half through the root, peel and then slice into thin half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one).



3 Pop a saucepan on medium heat and add a splash of **oil**. Add your **shallot** and cook for 5 mins. Then add your **garlic** and **saffron** and cook for 1 minute more. Add the **water** (amount specified in the ingredient list), bring to the boil and then add the **freekeh**. Season with a generous pinch of **salt** and reduce the heat to medium-low. Cook your **freekeh** for 15 mins.

4 With the **freekeh** cooking away, pop your **chicken** under your grill and cook for 20 mins. Turn after 10 mins to make sure both sides colour evenly. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*



5 Meanwhile, roughly chop the **parsley** and **mint**. Cut the **chilli** in half lengthways, scrape out the seeds and then thinly slice the **chilli** widthways.

6 Pop the **zahtar spice** into a small bowl and add a squeeze of **lemon juice**, a quarter of your **parsley**, all your **mint** and a splash of **oil** per person. Mix well and add a pinch of **salt** and as much **chilli** as you dare. This is your **zahtar dressing**.

7 When your **freekeh** is cooked, drain off any excess liquid through a sieve. Return your **freekeh** to the pan off the heat and mix in the **baby spinach**. Stir well to make sure your **spinach** wilts completely. Mix in your remaining **parsley** and a good splash of **lemon juice**. Taste and add more **salt** and **black pepper** if necessary.

8 Slice each **chicken breast** into six slices and serve on top of a generous portion of **freekeh**. Finish the dish with a drizzle of your **zahtar dressing**. Enjoy!

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