Chicken Supreme with Buckwheat, Tenderstem Broccoli, Lemon & Feta

Buckwheat may be one of the healthiest foods you can eat. Along with having numerous health benefits, it is tasty and easy to prepare. Many who are trying to avoid grains find themselves limited to fruit and sweet potatoes as sources of good carbs, but buckwheat is not a grain. The edible portion is a seed from a plant related to greens like rhubarb and sorrel.

Ingredients

- Chicken Supreme
- Tenderstem Broccoli
- Garlic
- Lemon
- Fresh Tarragon
- Buckwheat
- Feta
- Chicken Stock Cube

Your Pantry

- Olive Oil

Nutritional Info

Calories: 675 kcal
Carbohydrates: 70 g
Protein: 60 g
Fat: 13 g

Allergens

Wheat (Buckwheat)
Milk (Feta)
Celery (Stock Cube)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) ***Pre-heat the oven to 200°C.***

2) ***Make the stock***

Combine the stock cube with 300 ml of boiling water per person.

3) ***Cook the Buckwheat***

In a pot, add the stock to the buckwheat and boil for 15 – 20 minutes.

4) ***Cook the Chicken***

Fry the chicken (skin side down first) in a little olive oil until golden. Grate some lemon zest over the chicken. Bake in the oven at 200°C for 15 minutes.

6) ***Boil the broccoli***

In a pot, boil the broccoli for 5 – 7 minutes until tender.

6) ***Prepare the tarragon and garlic***

Chop the tarragon. Peel and crush the garlic.

7) ***Flavour the buckwheat***

Once the buckwheat is cooked, strain it and add in the lemon juice to taste, tarragon and garlic.

8) ***Add the feta & serve***

Slice the chicken and serve on top of the buckwheat with feta crumbled on top.

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