



# PISTACHIO-CRUSTED CHICKEN

with Quinoa and Chopped Cucumber Jalapeño Salad

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 2

DAIRY FREE

GLUTEN FREE



## HELLO

### PISTACHIO-MUSTARD CRUST

Perfectly crunchy with a bright flavor and loads of vitamin A

#### INGREDIENTS:

- Veggie Stock Concentrate
- Quinoa
- Pistachios (Contains: Tree Nuts)
- Chicken Breasts
- Dijon Mustard
- Persian Cucumber
- Roma Tomato
- Mint
- Shallot
- Lime
- Jalapeño
- Sherry Vinegar

#### FOR 2 PEOPLE:

- 1
- ½ Cup
- 1 oz
- 12 oz
- 1 TBSP
- 1
- 1
- ¼ oz
- 1
- 1
- 1
- 1 TBSP

#### FOR 4 PEOPLE:

- 2
- 1 Cup
- 2 oz
- 24 oz
- 2 TBSP
- 2
- 2
- ¼ oz
- 1
- 1
- 1
- 1 TBSP

#### NUTRITION PER SERVING

570 cal | Fat: 17 g | Sat. Fat: 1.5 g | Protein: 52 g | Carbs: 52 g | Sugar: 10 g | Sodium: 510 mg | Fiber: 8 g

## START STRONG

Make sure to **pat the chicken breast dry before spreading on the mustard**. This will ensure a crispy, even coating. And safety first: when handling the jalapeño, do NOT rub your eyes.



## BUST OUT

- Small pot
- Paper towel
- Baking sheet
- Zester
- Medium bowl
- Olive oil (1 TBSP | 1 TBSP)



### 1 PREHEAT OVEN AND COOK QUINOA

Preheat oven to 400 degrees. Place **stock concentrate**, **quinoa**, **1 cup water**, and a pinch of **salt** in a small pot. Bring to a boil, cover, and reduce to a simmer until tender, 15-20 minutes.

### 2 PREP AND COOK CHICKEN

**Wash and dry all produce**. Shell and roughly chop **pistachios**. Pat **chicken** dry with a paper towel, and place on a lightly oiled baking sheet. Season with **salt** and **pepper**. Evenly spread a thin layer of **mustard** on top of **chicken**. Press **pistachios** into **mustard**. Bake until no longer pink in center, about 20 minutes.

### 3 MAKE SALAD

While **chicken** cooks, dice **cucumber** and **tomato**. Chop **mint leaves**, saving 1 TBSP for garnish. Halve, peel, and finely dice **2 TBSP shallot**. Zest and halve **lime**. Dice **jalapeño**, removing ribs and **seeds** for less heat. Combine everything in a medium bowl. Toss with a squeeze of **lime** and drizzle of **olive oil**. Season with **salt** and **pepper**.



### 4 SLICE CHICKEN

When **chicken** is cooked through, remove from oven and rest 3 minutes before thinly slicing.

### 5 SEASON QUINOA

When **quinoa** is ready, fluff with a fork and season with **salt** and **pepper**. Stir in a drizzle of **sherry vinegar** and drizzle of **olive oil** (to taste).

### 6 FINISH

Serve **pistachio-crusted chicken** on a bed of **quinoa**. Spoon **cucumber jalapeño salad** on top and garnish with reserved **mint**.

## SUCCESS!

Next time, try crusting with almonds or pecans.

