



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: BEETROOT

Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. On top of that they can help reduce blood pressure, improve circulation and are great for the health of our eyes!



## 2. ALLSPICE CHICKEN

WITH BEETROOT & FETA

 40 Minutes

 4 Servings

Chicken Marylands roasted with allspice, alongside a cumin beetroot salad with creamy feta cheese and a balsamic dressing.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
40g	49g	17g

24 February 2020

## FROM YOUR BOX

CHICKEN MARYLANDS	4 pack
BEETROOTS	3
CARROTS	2
RED ONION	1/2 *
ORANGE	1
RADISHES	1/3 bunch *
FESTIVAL LETTUCE	1
FETA CHEESE	1/2 block *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground cumin, ground allspice, balsamic vinegar

## KEY UTENSILS

2 x oven trays

## NOTES

Slashing the chicken will reduce cooking time as well as allow more marinade to coat.

Toss the beetroot and carrot separately so the beetroot doesn't stain the other vegetables.



### 1. ROAST THE CHICKEN

Set oven to 250°C.  
Slash the chicken (see notes). Combine **3 tsp allspice, 1 tbsp balsamic vinegar, 1 tbsp oil, salt and pepper**. Rub all over chicken and roast on an oven tray for 30-35 minutes or until cooked through.



### 2. ROAST THE VEGETABLES

Trim and dice beetroots. Dice carrots and wedge onion. Toss on a lined oven tray with **1 tbsp cumin, oil, salt and pepper** (see notes). Roast for 20 minutes or until cooked through.



### 3. PREPARE THE DRESSING

Zest orange to yield 1 tsp. Whisk together with **2 tbsp balsamic vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**. Set aside.



### 4. PREPARE THE SALAD

Peel and slice orange. Wedge radishes. Roughly tear lettuce leaves (rinse if needed). Arrange on a serving platter with roast vegetables. Spoon over dressing and crumble over feta cheese.



### 5. FINISH AND PLATE

Divide chicken and salad among plates.