

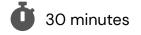




Dukkah Chicken

with Honey Roast Vegetables

Pumpkin, beetroot, and baby spinach in perfect unison with tender free-range chicken and flavourful dukkah, finished with a homemade honey-vinegar dressing.





2 servings



Extra Hungry?

If you're feeding big appetites or cooking for extra people, add cooked short pasta to the salad when tossing it together in step 4. Or, serve with crusty (garlic) bread on the side.

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BEETROOTS	2
RED ONION	1
томато	1
HONEY SHOT	1
DUKKAH	1 packet (40g)
CHICKEN SCHNITZELS	300g
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, dried thyme, red wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

Use the pumpkin to taste. We kept the peel on the pumpkin for extra fibre and texture, but you can peel it if preferred. If desired, you can leave the tomatoes fresh instead of roasting them.

If you're struggling for space, use 2 oven trays for roasting the vegetables.

For extra flavour, add 1 crushed garlic clove to the dressing.





1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin (see notes). Wedge beetroots, onion and tomato. Toss on a lined oven tray with 1-2 tsp thyme, oil, salt and pepper. Roast for 15-20 minutes or until tender.



2. MAKE THE DRESSING

In a large bowl, whisk together honey, 1/2 tbsp dukkah, 2 tbsp olive oil, 2 tbsp vinegar, salt and pepper (see notes).



3. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Coat chicken with remaining dukkah and add to pan. Cook for 4-5 minutes each side or until cooked through.



4. TOSS THE SALAD

Add roasted vegetables and spinach to dressing bowl. Toss well and season to taste with **salt and pepper**.



5. FINISH AND SERVE

Slice chicken and serve on plates with salad.

