



### Product Spotlight: Beetroot

Their rich, purple colour comes from powerful antioxidants that fight free radicals in your body to prevent oxidative stress. In other words? A beetroot a day keeps the doctor away!



## 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.

### 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.*



30 minutes



4 servings



Chicken



## FROM YOUR BOX

|                    |                |
|--------------------|----------------|
| BUTTERNUT PUMPKIN  | 1              |
| BEETROOTS          | 2              |
| RED ONION          | 1              |
| TOMATOES           | 2              |
| HONEY SHOTS        | 2              |
| DUKKAH             | 1 packet (80g) |
| CHICKEN SCHNITZELS | 600g           |
| BABY SPINACH       | 1 bag (120g)   |

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, oven tray

## NOTES

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.



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### 1. ROAST THE VEGETABLES

Set oven to 220°C.

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



### 4. TOSS THE SALAD

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



### 2. MAKE THE DRESSING

In a large bowl, whisk together honey, 1/2 tbsp dukkah, **3 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.



### 5. FINISH AND SERVE

Slice chicken and serve on plates with salad.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

