



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: FENNEL

Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds of the fennel are all edible!



2. ALLSPICE CHICKEN

WITH ROAST FENNEL & FETA

 30 Minutes

 2 Servings

Roast chicken breast with allspice alongside a warm fennel and lentil salad with maple vinaigrette.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
53g	32g	28g

25 May 2020

FROM YOUR BOX

PUY LENTILS	1 packet (75g)
CHICKEN BREAST FILLETS	300g
FENNEL	1
RED ONION	1/2 *
PURPLE CARROT	1
LEBANESE CUCUMBER	1
ALMONDS	1/2 packet (20g) *
FETA CHEESE	1/2 packet (100g) *
BABY SPINACH	1 bag (60g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground allspice, red wine vinegar, maple syrup

KEY UTENSILS

oven dish, oven tray, saucepan

NOTES

Slashing the chicken reduces cooking time as well as increases the surface area for the marinade.



1. COOK THE LENTILS

Set oven to 220°C.
Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender but still firm. Drain and rinse.



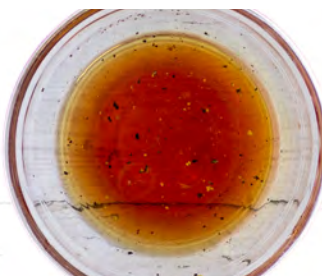
2. ROAST CHICKEN

Slash chicken (see notes) and coat with **2 tsp ground allspice, oil, salt and pepper**. Roast in a lined oven dish for 20-25 minutes or until cooked through.



3. ROAST THE VEGETABLES

Slice fennel bulb and red onion. Toss on lined oven tray with **oil, salt and pepper**. Roast for 20 minutes until cooked through.



4. PREPARE THE DRESSING

Whisk together **2 tbsp vinegar, 2 tbsp olive oil and 1/2 tbsp maple syrup**. Season with **salt and pepper**.



5. TOSS THE SALAD

Ribbon the carrot using a vegetable peeler. Slice cucumber. Roughly chop almonds and dice feta cheese. Add spinach, lentils, dressing and roasted vegetables, toss to coat.



6. FINISH AND PLATE

Slice chicken and divide over plates with salad.