



Product Spotlight: Beetroot

Be careful when preparing beetroots, and ask the kids to wear an apron if they are helping out in the kitchen; the pink colour can stain your clothes.



Cajun Chicken with Dill Potato Salad

Oven-roasted chicken breast with a mild Cajun spice served alongside a colourful potato salad with a dill and yoghurt dressing.



30 minutes



2 servings



Chicken

13 January 2023

Switch it up!

You can cut the root vegetables into chips instead! Combine the dill and yoghurt with some mayonnaise to make a dipping sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	60g	23g	66g

FROM YOUR BOX

BABY POTATOES	400g
BEETROOT	1
CARROTS	2
CHICKEN BREAST FILLET (SKIN ON)	300g
CAJUN SPICE MIX	1 packet
DILL	1 packet
NATURAL YOGHURT	1 tub
CELERY STICK	1
SNOW PEA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, salt, pepper, mustard (of choice)

KEY UTENSILS

oven tray

NOTES

If your oven doesn't reach 250°C, you can set the temperature to 220°C instead and roast the vegetables and chicken for longer until cooked through.

You can cook the chicken on the BBQ if preferred.

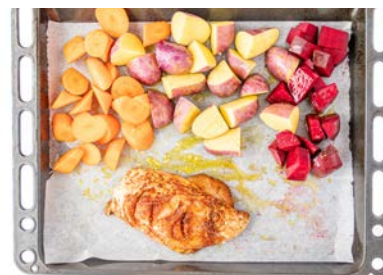
Use the sprouts to taste, and slice them in half if preferred.



1. ROAST THE VEGETABLES

Set oven to 250°C.

Quarter potatoes, dice beetroot and cut carrots into angular pieces. Toss on a lined oven tray with **oil, salt and pepper**.



2. ROAST THE CHICKEN

Slash the chicken fillet. Coat with 1/2 cajun spice mix, **oil, salt and pepper**. Place on tray with vegetables. Roast in oven for 20–25 minutes until golden and cooked through (see notes).



3. PREPARE THE SALAD

Chop dill and add to a large salad bowl with yoghurt and **1/2 tbsp mustard**. Slice and add celery stick. Stir to combine.



4. TOSS THE SALAD

Toss roasted vegetables with sprouts and fold through dressing (see notes). Season with **salt and pepper**.



5. FINISH AND SERVE

Slice the chicken and serve alongside potato 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**

