



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



B4

Roast Chicken

with Rainbow Veggies and Dukkah Yoghurt Sauce

Oven-roasted rainbow root vegetables with cumin-spiced chicken breast finished with fresh parsley and a flavourful dukkah yoghurt sauce.



40 minutes



4 servings



Chicken

18 November 2022

Switch it up!

If you have any vegetables you need to use up, you can add them to the tray bake – potatoes, mushrooms, capsicum and cherry tomatoes would all work well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	20g	45g

FROM YOUR BOX

BEETROOTS	3
DUTCH CARROTS	1 bunch
COURGETTES	4
SWEET POTATOES	600g
CHICKEN BREAST FILLETS (SKIN ON)	600g
NATURAL YOGHURT	1 tub
DUKKAH	1 packet (10g)
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, dried rosemary

KEY UTENSILS

oven tray

NOTES

You can use dried thyme or fresh rosemary on the vegetables if preferred!

To avoid staining, toss the beetroots separately from the other vegetables.



1. PREPARE THE VEGETABLES

Set oven to 250°C.

Trim and scrub beetroots and carrots. Wedge beetroots. Slice courgettes and sweet potatoes. Toss on a lined oven tray with **2 tsp dried rosemary, oil, salt and pepper** (see notes).



2. ADD THE CHICKEN

Slash chicken and rub with **1 tbsp cumin, oil, salt and pepper**. Add to tray with vegetables and roast for 25–30 minutes until chicken is cooked through and vegetables are tender.



3. PREPARE THE YOGHURT

Combine yoghurt with **1 tsp cumin**. Stir through dukkah, **1 tbsp olive oil, salt and pepper**. Set aside.



4. FINISH AND SERVE

Slice roast chicken, serve with vegetables and dukkah yoghurt. Chop parsley and use to garnish.

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**

