



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Almonds

Almonds grow in green, furry shells that look a little like a peach! They're part of the rose family, and are even called "the Queen of the rose family"!



2 Chicken Traybake with Mash and Romesco

Get ready for a colourful dish! Purple carrots, red cherry tomatoes, orange homemade romesco sauce, yellow mash and golden chicken. Delicious!



35 minutes



2 servings



Chicken

20 July 2020

Skip the mash

For a less hands-on approach you can of course add the roughly chopped potatoes to the veggie traybake!

FROM YOUR BOX

CAULIFLOWER	1/2 *
PURPLE CARROT	1
CHERRY TOMATOES	1/2 bag (100g) *
CHICKEN BREAST FILLET (SKIN ON)	300g
POTATOES (MEDIUM)	3
CAPSICUM STRIPS	1/2 tub *
NATURAL ALMONDS	1 packet (40g)
CHIVES	1/3 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, balsamic vinegar, smoked paprika

KEY UTENSILS

saucepan, oven tray, stick mixer

NOTES

We left our potatoes unpeeled, but if you prefer a smoother mash, you can peel them before boiling.

For extra flavour, add 1-2 garlic cloves to the romesco sauce before blending. For a warmer dish, you can heat the sauce in a small saucepan or the microwave before serving.

Instead of spooning over the romesco, you can serve it on the side as a dipping sauce.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Roughly chop cauliflower and carrot, halve cherry tomatoes. Toss on a lined oven tray with **oil, salt, pepper and 1 tsp smoked paprika**.



2. ADD THE CHICKEN

Cut the chicken breast into 3-4 pieces and rub with **oil, salt and pepper**. Add to the tray, skin-side up. Place in the middle of the oven and bake for 20-25 minutes until golden and cooked through.



3. COOK THE POTATOES

Roughly chop potatoes and place in a saucepan (see notes). Cover with water and bring to the boil. Simmer for 10-15 minutes or until tender. Drain, reserving **1/2 cup water**, and return to pan.



4. MAKE THE ROMESCO SAUCE

Roughly chop drained capsicum and almonds. Place in a jug with **1/3 cup olive oil and 1 tbsp vinegar**. Blend to a smooth consistency and season with **salt and pepper** (see notes).



5. MAKE THE MASH

Chop the chives. Add half to the potatoes with **1 tbsp oil/butter**. Mash to desired consistency, adding **reserved potato water** as needed (we used 1/4 cup). Season with **salt and pepper**.



6. FINISH AND PLATE

Serve chicken and vegetables on plates with mashed potatoes. Sprinkle over remaining chives. Spoon over romesco sauce (see notes).

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**

