



Product Spotlight: Rosemary

Keep leftover rosemary sprigs in water on your kitchen bench; they will develop roots after 2-3 weeks!



Orange Rosemary Chicken Tenderloins

BBQ chicken tenderloins dressed with an orange, rosemary and mustard marinade, served with crispy potato discs and a fresh garden salad.



30 minutes



2 servings



Chicken

Make chicken burgers!

*Coat chicken with honey, mustard and rosemary before cooking on the BBQ.
Serve with salad ingredients in a burger bun with mayonnaise or aioli.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	27g	69g

FROM YOUR BOX

MEDIUM POTATOES	3
ROSEMARY SPRIG	1
ORANGE	1
HONEY SHOT	1
BABY COS LETTUCE	1
AVOCADO	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 packet (200g)
CHICKEN TENDERLOINS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, dijon or seeded mustard

KEY UTENSILS

oven tray, griddle pan or BBQ

NOTES

You can zest the orange and add the zest to the marinade if you like.

Any extra orange marinade will be lovely on the salad, too!



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1. ROAST THE POTATOES

Set oven to 250°C.

Slice potatoes into rounds and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20-25 minutes until golden and cooked through.



4. COOK THE CHICKEN

Heat a griddle pan or BBQ over medium-high heat. Coat chicken with **1 tsp cumin, oil, salt and pepper**. Cook for 4-5 minutes each side or until cooked through.



2. PREPARE THE MARINADE

Chop rosemary leaves to yield 1 tsp. Whisk together with orange juice (see notes), honey, **1 tbsp mustard** and **2 tbsp olive oil**. Season with **salt and pepper**. Set aside.



3. PREPARE THE SALAD

Tear and rinse lettuce leaves. Slice avocado and cucumber. Halve cherry tomatoes. Toss together.



5. FINISH AND SERVE

Spoon marinade over top of chicken (use to taste). Serve with crispy potatoes and salad on the side (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**

