



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sun-Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



E4

Red Pesto Baked Chicken with Roasted Vegetables

Chicken schnitzels coated with homemade sun-dried tomato red pesto and oven baked, served with roasted vegetables and fresh pear and rocket leaves.



30 minutes



4 servings



Chicken

14 October 2022

Switch it up!

For a meal that is a little less involved, skip making the red pesto. Slice the sun-dried tomatoes and them add to the salad. Coat chicken in oil, salt, pepper and a dried herb (rosemary, thyme, or oregano) and cook in a frypan for 4-5 minutes each side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	22g	45g

FROM YOUR BOX

FENNEL	1
BEETROOTS	3
ALMONDS	1 packet (40g)
SUN-DRIED TOMATOES	1 packet
CHICKEN SCHNITZELS	600g
PEAR	1
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, balsamic vinegar

KEY UTENSILS

oven trays x 2, stick mixer or small blender

NOTES

Thinly wedge the fennel and beetroots for faster roasting time.

Reserve fennel fronds for garnish if desired.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge fennel and beetroots (see notes). Toss on a lined oven tray with **oil**, **3 tsp fennel seeds**, **salt and pepper**. Roast for 20–25 minutes until tender.



4. PREPARE THE SALAD

In a large bowl whisk together **2 tbsp olive oil** and **1 tbsp vinegar**. Thinly slice pear. Add to bowl along with rocket leaves. Toss to combine.



2. MAKE THE PESTO

Add almonds and sun-dried tomatoes to a jug along with **1/4 cup olive oil**, **1 tbsp water** and **1 tbsp vinegar**. Blend to a chunky consistency.



3. BAKE THE CHICKEN

Place chicken schnitzels on a second lined oven tray. Season with **salt and pepper**. Spoon prepared pesto onto schnitzels. Bake for 10–15 minutes until chicken is cooked through.



5. FINISH AND SERVE

Divide salad and roasted vegetables among plates. Serve with pesto schnitzels.

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**

