



Product Spotlight: Pine nuts

Crunchy and buttery in texture, pine nuts are a good source of nutrients, essential minerals, vitamins and heart-friendly monounsaturated fats.



Golden Chicken with Honey Beetroot Salad

Cumin-spiced chicken schnitzels with a rainbow roast sweet potato and beetroot salad finished with avocado, pine nuts and a honey dressing.



35 minutes



4/6 servings



Chicken

Change the flavours!

You can season the chicken with lemon zest and dried herbs instead of ground cumin if preferred! Harissa paste or curry paste also works well for adding flavour.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	37g/31g	23g/29g	75g/79g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
BEETROOTS	2	3
GEM LETTUCE	3-pack	3-pack
AVOCADO	1	2
HONEY SHOTS	2	3
PINE NUTS	1 packet	2 packets
CHICKEN SCHNITZELS	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, ground cumin, dried thyme

KEY UTENSILS

large frypan, oven tray

NOTES

Cook the chicken on the BBQ if preferred!



1. ROAST THE VEGETABLES

Set oven to 220°C.

Scrub and dice **sweet potatoes** and **beetroots**. Toss on a lined oven tray with **2-3 tsp thyme, oil, salt and pepper**. Roast for 20-25 minutes until cooked through.



2. PREPARE THE SALAD

Separate and rinse **lettuce leaves**. Dice or slice **avocado**. Set aside.



3. PREPARE THE DRESSING

Whisk together **honey, 2 tbsp vinegar** and **3 tbsp olive oil**. Season with **salt and pepper**.

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4. TOAST THE NUTS

Toast **pine nuts** in a dry frypan over medium-high heat for 3-4 minutes until golden. Remove and set aside. Keep pan on heat.



5. COOK THE CHICKEN

Coat **chicken** with **1-2 tbsp cumin, oil, salt and pepper** (see notes). Cook in pan for 4-5 minutes each side or until cooked through.



6. FINISH AND SERVE

Arrange **lettuce leaves** on a serving plate. Top with **roast vegetables** and **avocado**. Sprinkle with **pine nuts** and spoon over **dressing**. Serve alongside **chicken**.



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