



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Jerusalem artichokes

The Jerusalem artichoke is actually a variety of sunflower and looks a lot like ginger root. It has a lovely sweet and nutty flavour.



## F2 Balsamic Chicken Traybake with Olives

Free-range chicken chops roasted in smoked paprika and balsamic vinegar, served with roasted veggies, olives and fresh rocket leaves.

 35 minutes

 2 servings

 Chicken

27 May 2022

## Serve with mash

*Make a mash using the Jerusalem artichokes. Add a couple of potatoes and the kids won't know the difference!*

Per serve: **PROTEIN** 50g **TOTAL FAT** 52g **CARBOHYDRATES** 64g

## FROM YOUR BOX

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JERUSALEM ARTICHOKE	400g
SHALLOT	1
RED CAPSICUM	1
CHICKEN CHOPS	500g
GREEN OLIVES	1 jar
ROCKET LEAVES	1 bag (60g)

## FROM YOUR PANTRY

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olive oil, salt, pepper, smoked paprika, balsamic vinegar, honey

## KEY UTENSILS

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oven tray

## NOTES

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Slashing the chicken 2-3 times will allow more marinade to coat the chops, as well as speed up the cooking time.



### 1. PREPARE THE VEGETABLES

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Set the oven to 220°C.

Halve or quarter Jerusalem artichokes, wedge shallot and chop capsicum. Toss on a lined oven tray.



### 2. ADD THE CHICKEN

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Whisk to combine **1/2 tbsp smoked paprika**, **1/2 tbsp honey**, **1 1/2 tbsp balsamic vinegar** and **2 tbsp olive oil**.

Slash chicken (see notes) and drain olives, add to tray and toss all with prepared sauce. Season with **salt and pepper**. Roast for 25 minutes or until chicken is cooked.



### 3. DRESS THE ROCKET

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Toss rocket leaves in a bowl with **olive oil** and **balsamic vinegar**.



### 4. FINISH AND SERVE

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Serve chicken and veggies at the table with a side of dressed rocket leaves.

**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**

