




Product Spotlight: Lebanese Cucumbers


The cucumber can certainly help you stay hydrated as it is 96% water! It helps to flush toxins from your body; all that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



F2 Miso Roasted Chicken with Pear Salad

Liberty free-range chicken chops roasted in miso glaze, served with a fresh and crunchy pear salad.

 30 minutes

 2 servings

 Chicken

25 March 2022

Marinate it!

Marinate your chicken chops overnight to give a deeper flavour. Slash chops in 3-4 places and place in an airtight container with miso glaze measurement in step 1. Leave in the fridge overnight.

Per serve: **PROTEIN** 52g **TOTAL FAT** 14g **CARBOHYDRATES** 40g

FROM YOUR BOX

MISO PASTE	1 packet
CHICKEN CHOPS	2-pack
SPRING ONIONS	4
PEAR	1
LEBANESE CUCUMBER	1
ORIENTAL SLAW	1 bag (250g)

FROM YOUR PANTRY

rice wine vinegar, pepper, maple syrup

KEY UTENSILS

oven tray

NOTES

If you are looking to bulk up this meal, serve with cooked rice, or noodles of choice.

Spoon any juices from the oven tray over the roasted chicken.

If you have any left over miso, you can use it to flavour broths to make ramen, add a few tbsp to a stir fry, or a few tbsp to gravy to give it rich, deep flavour.



1. MAKE THE DRESSING

Set oven to 220°C.

In a large bowl whisk together 1/4 cup miso, **2 tbsp vinegar**, **2 tbsp water**, **1 tsp maple syrup** and **pepper**.



2. ROAST THE CHICKEN

Place chicken on a lined oven tray. Slash in 2-3 places. Coat with 2 tsp prepared dressing. Cut spring onion whites (reserve green tops for step 3) and add to tray. Roast for 20-25 minutes until chicken is cooked through.



3. MAKE THE SALAD

Thinly slice reserved spring onion green tops, pear and cucumber. Toss in large bowl with prepared dressing, along with oriental slaw. Toss until well coated.



4. FINISH AND SERVE

Divide salad among plates, along with roasted chicken (see notes), and spring onions.

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**

