



### Product Spotlight: Rosemary

The smell of rosemary is often associated with good food & good times, as well as good health, as it can stimulate the immune system, increase circulation & improve digestion.



## Rosemary Chicken with Apple and Walnut Salad

Fresh herbaceous rosemary-coated chicken breast, served with a salad of warm toasted walnuts, apple, and gem lettuce, finished with a creamy dressing.



35 mins



2 servings



Chicken

29 September 2023

## Switch it up!

*Toss shaved parmesan and croutons through this salad to make it a Caesar salad.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	47g	36g

## FROM YOUR BOX

ROSEMARY	1 sprig
CHICKEN BREAST FILLET (SKIN ON)	300g
WALNUTS	1 packet
BRUSSELS SPROUTS	200g
RED APPLE	1
CELERY STICKS	2
GEM LETTUCE	3-pack
CREAMY FRENCH DRESSING	100g

## FROM YOUR PANTRY

oil or butter for cooking, salt, pepper

## KEY UTENSILS

oven tray, frypan

## NOTES

Slice chicken breast in half lengthways to speed up your cooking time.

For a consistent result, walnuts can be toasted in the oven for 6–8 minutes.

Gem lettuce can hide sand and grit; wash it thoroughly before adding it to the salad.



### 1. ROAST THE CHICKEN

Set oven to 220°C.

Roughly chop rosemary leaves. Place chicken on a lined oven tray. Slash in 3–4 places (see notes). Coat with **oil**, chopped rosemary, **salt and pepper**. Roast for 25–30 minutes or until cooked through.



### 2. TOAST THE WALNUTS

Heat a large frypan over medium-high heat. Roughly chop walnuts and add to dry pan (see notes). Toast walnuts for 3–5 minutes, until golden. Remove to a bowl or plate and reserve frypan.



### 3. COOK BRUSSELS SPROUTS

Reheat frypan over medium-high heat with **oil** or **butter**. Slice Brussels sprouts in half and add to pan as you go. Cook for 5–8 minutes, turning occasionally, until sprouts are golden on each side. Season with **salt and pepper**.



### 4. PREPARE THE SALAD

Thinly slice apple and celery. Pull lettuce apart (see notes). Add to a large bowl as you go.



### 5. TOSS THE SALAD

Add Brussels sprouts to bowl along with French dressing. Toss well to coat. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Slice chicken breast.

Divide salad evenly among plates, top with toasted walnuts and chicken.



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