



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Oregano

After the Romans conquered the Greeks, they inherited oregano and were responsible for its extensive use in Europe and abroad. With time, oregano found itself on a journey from the Middle East to China.



F2 Tuscan Oregano Chicken Bake with Cannellini Beans

Once the veggies and chicken are prepped and in the oven, you've done all the hard work! Enjoy the aromas of this Tuscan oregano chicken filling your house as this one-tray dish roasts.



30 minutes



2 servings



Chicken

9 September 2022

Switch it up!

Switch this dish up and turn it into pasta! Cook your pasta according to packet instructions, roast vegetables and chicken, or cook in a pan until tender and toss with pasta. Crumble over some feta or ricotta to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	15g	45g

FROM YOUR BOX

TINNED CANNELLINI BEANS	400g
RED ONION	1
ZUCCHINI	1
RED CAPSICUM	1
CHERRY TOMATOES	1 bag (200g)
OREGANO	1 packet
CHICKEN BREAST FILLET	300g

FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar, lemon pepper

KEY UTENSILS

large oven dish

NOTES

Substitute the balsamic vinegar for a balsamic glaze. Roast the vegetables with oregano, salt and pepper as per instructions. Toss with balsamic glaze to taste.

Slashing the chicken helps to allow the heat to reach the inside of the chicken breast, which means a faster cooking time.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Drain and rinse cannellini beans. Wedge red onion. Slice zucchini and capsicum. Add to a lined oven dish along with cherry tomatoes.



2. SEASON THE VEGETABLES

Toss vegetables with 1/2 packet oregano leaves, oil, 2 tbsp vinegar (see notes), salt and pepper.



3. ADD THE CHICKEN

Slash chicken in 3-4 places (see notes). Coat in oil and 2 tsp lemon pepper. Place on top of vegetables and roast for 20-25 minutes until chicken is cooked through and vegetables are tender.



4. FINISH AND SERVE

Slice chicken breast.

Serve tray bake tableside. Garnish with remaining oregano 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**

