



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Native Mustard

This mustard from WA locals, GH Produce, is creamier than traditional mustards. With caramelised onion, saltbush and WA honey, we think it's the perfect addition to this meal.



F2 Chicken Breast with Native Mustard and Crushed Baby Potatoes

Thyme roasted chicken breasts served with an orange-dressed ribbon salad, crunchy crushed baby potatoes and a delicious native spiced mustard from GH Produce.



30 minutes



2 servings



Chicken

18 November 2022

Wedges!

Instead of making crushed potatoes, you can make wedges. Skip boiling the potatoes. Cut them into wedges, and toss them on a lined oven tray with oil and seasoning. Roast until golden and tender.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	22g	58g

FROM YOUR BOX

BABY POTATOES	1 bag (400g)
CHICKEN BREAST FILLET	300g
ORANGE	1
PURPLE CARROT	1
ZUCCHINI	1
PARSLEY	1 packet
NATIVE MUSTARD	1 jar (100g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, red wine vinegar

KEY UTENSILS

2 oven trays, saucepan, kettle

NOTES

Cook chicken on the BBQ instead of in the oven if preferred.

Add potatoes to oven tray with chicken if you have space.

If the mustard is too strong for fussy eaters, try mixing it with some mayonnaise, sour cream or natural yoghurt.



1. BOIL THE BABY POTATOES

Boil the kettle. Set oven to 220°C.

Add potatoes (halve any larger ones) to a large saucepan over medium-high heat. Cover with **hot water** and boil for 10-15 minutes until just tender. Drain potatoes (see step 4).



2. ROAST THE CHICKEN

Halve chicken breast. Coat chicken with **oil, 2 tsp thyme, salt and pepper**. Place chicken skin side up on a lined oven tray (see notes). Roast for 15-20 minutes until cooked through.



3. MAKE THE DRESSING

Zest orange to yield 1/2 tbsp. Juice 1/2 orange (reserve remaining for step 5). Add to a large bowl along with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**. Whisk to combine.



4. CRUSH & ROAST POTATOES

Place drained potatoes on a lined oven tray (see notes). Use a spatula or the bottom of a mug to crush potatoes. Toss with **oil, salt and pepper**. Roast for 10 minutes until golden.



5. MAKE THE RIBBON SALAD

Ribbon carrot and zucchini. Finely chop parsley leaves and slice remaining orange. Add to dressing bowl and toss to combine.



6. FINISH AND SERVE

Divide crushed potatoes among plates along with chicken and ribbon salad. Serve with native mustard (see notes).

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**

