



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Honey

To produce 500g of honey, a colony of bees must collect nectar from approximately 2 million flowers and fly over 88,000 km; this amounts to a lifetime's worth of work for around 800 bees.



F2 Honey Garlic Roasted Chicken Chops

Free-range chicken chops roasted in a honey and garlic dressing served with roasted veg tossed with feta cheese.



30 minutes



2 servings



Chicken

23 September 2022

Less dishes!

Instead of roasting the chicken in a separate oven dish, prepare the vegetables on an oven tray and place the chicken on top to roast together.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	73g	45g	79g

FROM YOUR BOX

GARLIC CLOVE	1
HONEY SHOT	1
CHICKEN CHOPS	500g
BUTTERNUT PUMPKIN	1
PARSNIP	1
CHERRY TOMATOES	200g
KALE	1 bunch
FETA CHEESE	1 packet (200g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, apple cider vinegar

KEY UTENSILS

oven dish, oven tray

NOTES

Add 1 tsp of mustard to the dressing if desired.

Drizzle roasting juices over final dish.



1. MAKE THE DRESSING

Set oven to 220°C.

Crush garlic. Add to a bowl along with honey, **3 tbsp olive oil**, **1 1/2 tbsp water**, **3/4 tbsp vinegar**, **salt and pepper**. Whisk to combine (see notes).



2. COOK THE CHICKEN

Slash chicken in 3–4 places. Place in a lined oven dish and coat with 2 tbsp prepared dressing, **1 tsp coriander**, **salt and pepper**. Roast for 20–25 minutes until cooked through.



3. ROAST THE VEGETABLES

Thinly slice pumpkin. Cut parsnip in angular pieces. Toss on a lined oven tray along with cherry tomatoes, **oil**, **salt and pepper**. Roast for 20 minutes until vegetables are tender.



4. MASSAGE THE KALE

Thinly slice kale leaves. Add to bowl with remaining dressing. Massage with dressing to tenderise the kale.



5. TOSS THE KALE

Toss kale on tray with roasted vegetables to coat vegetables with dressing. Crumble over feta cheese.



6. FINISH AND SERVE

Serve roasted vegetables tableside with chicken chops (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**

