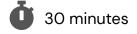




## **Honey Garlic Roasted Chicken Chops**

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







# 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.

TOTAL FAT CARBOHYDRATES

73g

#### **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).



