



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Purple Carrot

Purple carrots contain all the nutrients of orange carrots, but they've also been shown to have greater anti-inflammatory and anti-oxidative effects!



F2 Honey Mustard Chicken with Roasted Rainbow Carrots

Rainbow carrots roasted with green beans and pear, served with chicken tenderloins and a home-made honey mustard sauce.

 30 minutes

 2 servings

 Chicken

11 February 2022

Switch it up!

Don't want to turn the oven on? Cook carrots, pears and tenderloins on the BBQ. Alternatively, ribbon carrots, thinly slice pears and toss with some of the sauce to serve fresh.

Per serve: **PROTEIN** 37g **TOTAL FAT** 22g **CARBOHYDRATES** 40g

FROM YOUR BOX

SEEDED MUSTARD	1 jar
CARROTS	2
PURPLE CARROT	1
PEAR	1
CHICKEN TENDERLOINS	300g
GREEN BEANS	1 bag (150g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, dried tarragon (see notes)

KEY UTENSILS

frypan, oven dish

NOTES

If you don't have dried tarragon you can use dried oregano, dried rosemary or dried thyme.

Instead of cooking the chicken tenderloins in a frypan, you could save yourself the dirty dish and add them to the vegetables to cook in the oven.

If you are looking for ways to use your left over mustard, you could make a large batch of this sauce and store it in a jar in the fridge to use as a quick salad dressing.



1. MAKE THE SAUCE

Set oven to 220°C.

Add 1 tbsp mustard to a bowl along with **3 tbsp olive oil, 3 tsp honey, salt and pepper**. Whisk to combine.



2. BAKE THE VEGETABLES

Cut carrots in thick slices. Wedge pear. Add to a lined oven dish. Toss with 1 tbsp prepared sauce until well coated (see notes). Bake for 15 minutes.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken in **oil, 1 tsp dried tarragon, salt and pepper**. Add to pan and cook for 4-5 minutes each side or until cooked through.



4. ADD THE GREENS

Trim and halve green beans. Add to oven dish. Bake for a further 5 minutes.



5. FINISH AND SERVE

Divide baked vegetables among plates. Serve with chicken tenderloins and remaining sauce.

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

