



Product Spotlight: Walnuts

Recognised since ancient times as a symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



Italian Herb Chicken & Balsamic Roasted Pumpkin

A delicious warm salad of caramelised roast pumpkin, cherry tomatoes, roasted chicken, and toasted walnuts.



30 minutes



2 servings



Chicken

28 April 2023

Switch it up!

Toss the cooked chicken and vegetables with pasta instead. Stir through the spinach until wilted and finish with feta or parmesan cheese.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	32g	64g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	200g
BALSAMIC DRESSING	1 sachet
SKIN-ON CHICKEN BREAST FILLET	300g
WALNUTS	1 packet (40g)
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, Italian herbs (see notes)

KEY UTENSILS

oven tray, oven dish, large frypan

NOTES

Substitute Italian herbs with dried or fresh rosemary, oregano or thyme, lemon pepper or lemon zest.

To use less dishes you can add the walnuts to the oven tray for the last 5 minutes instead of toasting in a frypan. Alternatively, you can leave them raw.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice pumpkin. Slice onion and halve tomatoes. Toss on a lined oven tray with balsamic dressing, **salt and pepper**. Roast for 20 minutes or until cooked through.



4. TOSS THE SPINACH

Add spinach to roasted vegetables and toss to combine.



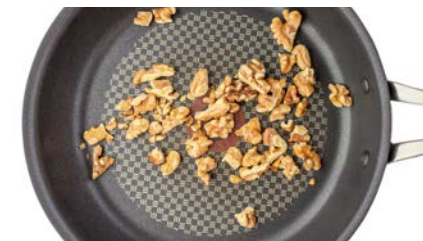
2. ROAST THE CHICKEN

Slash chicken in 2-3 places. Place in a lined oven dish and coat with **oil, 1 tsp Italian herbs, salt and pepper**. Roast for 20 minutes until cooked through.



5. FINISH AND SERVE

Slice chicken breast. Serve over roasted vegetables. Drizzle over any roasting juices from chicken. Sprinkle over walnuts and serve tableside.



3. TOAST NUTS (OPTIONAL)

Roughly chop walnuts. Add to a dry frypan over medium-high heat and toast for 2-3 minutes until golden (see notes). Remove and set aside.



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