



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!



## F2 Peruvian Chicken with Green Goddess Sauce

Skin-on chicken breast, roasted in a mix of spices, served with tray-baked roast vegetables, fresh avocado, and green goddess sauce.



30 minutes



2 servings



Chicken

26 August 2022

## Bulk it up!

*If you want to bulk up this meal to get extra servings, try serving it with basmati rice tossed with herbs and garlic or add extra veg to the tray bake like potatoes, tomatoes or capsicums.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	27g	99g

## FROM YOUR BOX

CHICKEN BREAST FILLET	300g
SWEET POTATO	400g
RED ONION	1
CORN COB	1
COURGETTES	2
AVOCADO	1
CORIANDER	1 packet
LIME	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, ground paprika

## KEY UTENSILS

oven dish, oven tray

## NOTES

Hey there! This is an apology note. We know this dish was originally advertised to include the GH Produce Green Goddess sauce. Unfortunately, due to supply issues, we were unable to use that sauce. Thank you for your continues support and understanding.

You can lay the chicken on top of the vegetables and roast on the same tray.



## 1. ROAST THE CHICKEN

Set oven to 220C.

Place chicken in a lined oven dish (see notes), skin side up. Slash in 3-4 places and coat with **oil, 1/2 tsp cumin, 3/4 tsp paprika, salt and pepper**. Roast for 20-25 minutes until cooked through.



## 4. FINISH AND SERVE

Slice chicken.

Serve chicken and tray bake tableside. Top with avocado and serve with green goddess sauce on the side.



## 2. ROAST THE VEGETABLES

Wedge sweet potato and red onion. Cut corn into cobettes and slice courgettes. Toss on a lined oven tray with **oil, 1 tsp paprika, 2 tsp cumin, salt and pepper**. Roast for 20-25 minutes until vegetables are tender.



## 3. PREPARE THE TOPPINGS

Roughly chop coriander leaves and stem. Blend together with lime zest and juice, 1 avocado and **2 tbsp water** until smooth. Season with **salt and pepper** to taste.

Dice remaining avocado and set aside.

**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**

