



Product Spotlight: Red Capsicum

Capsicum is an excellent source of vitamin C; it is needed for tissue growth and repair all over your body. It also helps the body produce collagen, which gives our skin strength and elasticity.



Roast Chicken with Peperonata and Baby Potatoes

Roasted skin-on chicken breast served with a medley of roasted peperonata and tender baby potatoes. This hearty and savoury dish promises a delightful combination of succulent poultry and vibrant roasted vegetables for a truly satisfying meal.



35 minutes



2 servings



Chicken

1 September 2023

Spice it up!

*Add wedged tomatoes or cherry tomatoes to the capsicums to roast for extra veg!
Garnish the finished dish with dried chilli flakes if desired.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	57g	34g	75g

FROM YOUR BOX

GREEN CAPSICUM	1
RED CAPSICUM	1
ZUCCHINI	1
RED ONION	1
SICILIAN OLIVES	1 jar
GARLIC CLOVE	1
CHICKEN BREAST FILLET (SKIN ON)	300g
BABY POTATOES	500g

FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar, dried rosemary

KEY UTENSILS

2 oven trays

NOTES

Leave the peel on the garlic clove. Rub with oil. Once roasted, carefully squeeze the soft clove out of the peel and toss it with the vegetables.

While not necessary, slashing the chicken helps the flavours penetrate and reduces cooking time!



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1. PREPARE THE VEGETABLES

Set oven to 220°C.

Slice capsicums and zucchini. Wedge onion. Drain olives. Toss on a lined oven tray with garlic clove (see notes), **oil**, **1 1/2 tbsp vinegar**, **salt and pepper**.



4. FINISH AND SERVE

Slice chicken.

Add chicken slices back to traybake. Serve tableside with roasted potatoes.



2. ADD THE CHICKEN & ROAST

Slash chicken in 3-4 places (see notes). Coat chicken with **oil**, **1 tsp rosemary**, **salt and pepper**. Place on top of vegetables and roast for 25-30 minutes until chicken is cooked through.



3. ROAST THE POTATOES

Slice potatoes. Toss on a second lined oven tray with **oil**, **salt and pepper**. Roast for 20-25 minutes until golden and crispy.

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**

