



Product Spotlight: Pumpkin

Pumpkins come in many different shapes and sizes; and what they all have in common is their versatility (baked, steamed, mashed) and deliciousness!



Smoky Roasted Chicken

with Pumpkin and Mint Dressing

Crispy skin, oven-baked chicken breast lightly seasoned with lemon pepper served with roasted pumpkin and a fresh green dressing.



35 minutes



2 servings



Chicken

16 June 2023

But why?

We leave the skin on the pumpkin for added texture and nutrition. You can peel it if preferred. Use any leftover pumpkin for soup or to make pumpkin bread.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	34g	73g

FROM YOUR BOX

CHICKEN BREAST (SKIN ON)	300g
BUTTERNUT PUMPKIN	1
CORN COB	1
SPRING ONIONS	1 bunch
MINT	1 packet
LEMON	1
GREEN BEANS	1 bag (150g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, smoked paprika, dried thyme, maple syrup

KEY UTENSILS

2 oven trays, small saucepan, stick mixer (optional)

NOTES

You can add the vegetables to roasting tray with the chicken to save on dishes.

If you don't want to use a stick mixer, you can finely chop the mint and reserved spring onions, add to a bowl with remaining ingredients and mix to combine. Add some extra maple syrup for a sweeter sauce.

If preferred, add the green beans to the tray with the vegetables for the last 5 minutes of roasting.



1. ROAST THE CHICKEN

Set oven to 220°C.

Slash chicken in 3–4 places. Place on a lined oven tray and rub with **1 tsp lemon pepper, 1 tsp smoked paprika, oil, salt and pepper**. Roast for 25 minutes until golden and cooked through.



4. COOK THE BEANS

Trim and halve beans (see notes). Heat a saucepan with 1/2 cup of water over medium-high heat. Add beans and cook for 2–3 minutes until just tender. Drain.



2. ROAST THE VEGETABLES

Cut pumpkin into wedges (use to taste) and cut corn. Slice white ends of spring onions into 3 cm pieces (reserve green tops for step 3). Toss vegetables on a lined oven tray (see notes) with **3 tsp thyme, oil, salt and pepper**. Roast for 20–25 minutes until tender.



5. FINISH AND SERVE

Slice chicken and serve onto plates with roasted vegetables and beans. Spoon over dressing to taste and garnish with reserved spring onion tops.



3. MAKE THE MINT DRESSING

Roughly chop mint leaves and reserved spring onion tops (save some for garnish). Place in a jug with lemon juice, **3 tbsp olive oil, 1/2 tbsp maple syrup, salt and pepper** (see notes). Use a stick mixer to blend to a sauce consistency.



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