



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Red onion

Onions are powerful superfoods packed with beneficial nutrients. They feature antiviral, antibacterial and antioxidant properties, with red onions providing a slightly higher amount of antioxidants.



F4 Balsamic Chicken Traybake with Olives

Free-range chicken chops roasted in smoked paprika and balsamic vinegar, served with roasted veggies, olives and fresh rocket leaves.

 35 minutes

 4 servings

 Chicken

27 May 2022

Serve with mash

Make cauliflower mash to serve with the roasted chicken & vegetables. Add a couple of potatoes and the kids won't know the difference!

Per serve: **PROTEIN** 47g **TOTAL FAT** 41g **CARBOHYDRATES** 27g

FROM YOUR BOX

CAULIFLOWER	1
RED ONION	1
RED CAPSICUM	1
CHICKEN CHOPS	1kg
GREEN OLIVES	1 jar
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, balsamic vinegar, honey

KEY UTENSILS

oven tray

NOTES

Slashing the chicken 2-3 times will allow more marinade to coat the chops, as well as speed up the cooking time.



1. PREPARE THE VEGETABLES

Set the oven to 220°C.

Cut cauliflower into florets, wedge red onion and chop capsicum. Toss on a lined oven tray.



2. ADD THE CHICKEN

Whisk to combine **1 tbsp smoked paprika**, **1 tbsp honey**, **2 tbsp balsamic vinegar** and **2 tbsp olive oil**.

Slash chicken (see notes) and drain olives, add to tray and toss all with prepared sauce. Season with **salt and pepper**. Roast for 25 minutes or until chicken is cooked.



3. DRESS THE ROCKET

Toss rocket leaves in a bowl with **olive oil** and **balsamic vinegar**.



4. FINISH AND SERVE

Serve chicken and veggies at the table with a side of dressed rocket leaves.

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**

