



Product Spotlight: Rosemary

The smell of rosemary is often associated with good food & good times, as well as good health, as it can stimulate the immune system, increase circulation & improve digestion.



Rosemary Chicken with Apple and Walnut Salad

Fresh herbaceous rosemary-coated chicken breast served over a salad of warm toasted walnuts, apple and gem lettuce, finished with a creamy dressing.



35 mins



4 servings



Chicken

29 September 2023

Switch it up!

Toss shaved parmesan and croutons through this salad to make it a Caesar salad.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	29g	28g

FROM YOUR BOX

ROSEMARY	2 sprigs
CHICKEN BREAST FILLETS (SKIN ON)	600g
WALNUTS	1 packet
BRUSSELS SPROUTS	400g
RED APPLES	2
CELERY STICKS	3
GEM LETTUCE	3-pack
CREAMY FRENCH DRESSING	100g

FROM YOUR PANTRY

oil or butter for cooking, salt, pepper

KEY UTENSILS

oven tray, frypan

NOTES

Slice chicken breast in half lengthways to speed up your cooking time.

For a consistent result, walnuts can be toasted in the oven for 6–8 minutes.

Gem lettuce can hide sand and grit; wash it thoroughly before adding it to the salad.



1. ROAST THE CHICKEN

Set oven to 220°C.

Roughly chop rosemary leaves. Place chicken on a lined oven tray. Slash in 3–4 places (see notes). Coat with **oil**, chopped rosemary, **salt and pepper**. Roast for 25–30 minutes or until cooked through.



2. TOAST THE WALNUTS

Heat a large frypan over medium-high heat. Roughly chop walnuts and add to dry pan (see notes). Toast walnuts for 3–5 minutes, until golden. Remove to a bowl or plate and reserve frypan.



3. COOK BRUSSELS SPROUTS

Reheat frypan over medium-high heat with **oil** or **butter**. Slice Brussels sprouts in half and add to pan as you go. Cook for 5–8 minutes, turning occasionally, until sprouts are golden on each side. Season with **salt and pepper**.



4. PREPARE THE SALAD

Thinly slice apples and celery. Pull lettuce apart (see notes). Add to a large bowl as you go.



5. TOSS THE SALAD

Add Brussels sprouts to bowl along with French dressing. Toss well to coat. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice chicken breast.

Divide salad evenly among plates, top with toasted walnuts and chicken.



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