



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Honey

To produce 500g of honey, a colony of bees must collect nectar from approximately 2 million flowers and fly over 88,000 km; this amounts to a lifetime's worth of work for around 800 bees.



## F4 Honey Garlic Roasted Chicken Chops

Free-range chicken chops roasted in a honey and garlic dressing served with roasted veg tossed with feta cheese.



30 minutes



4 servings



Chicken

23 September 2022

## Less dishes!

*Instead of roasting the chicken in a separate oven dish, prepare the vegetables on an oven tray and place the chicken on top to roast together.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	70g	38g	48g

## FROM YOUR BOX

GARLIC CLOVES	2
HONEY SHOT	1
CHICKEN CHOPS	1kg
BUTTERNUT PUMPKIN	1
PARSNIPS	2
CHERRY TOMATOES	200g
KALE	1 bunch
FETA CHEESE	1 packet (200g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, apple cider vinegar

## KEY UTENSILS

oven dish, oven tray

## NOTES

Add 1 tsp of mustard to the dressing if desired.

Drizzle roasting juices over final dish.



### 1. MAKE THE DRESSING

Set oven to 220°C.

Crush garlic. Add to a bowl along with honey, **1/4 cup olive oil**, **2 tbsp water**, **1 tbsp vinegar**, **salt and pepper**. Whisk to combine (see notes).



### 2. COOK THE CHICKEN

Slash chicken in 3–4 places. Place in a lined oven dish and coat with 2 tbsp prepared dressing, **2 tsp coriander**, **salt and pepper**. Roast for 20–25 minutes until cooked through.



### 3. ROAST THE VEGETABLES

Thinly slice pumpkin. Cut parsnips into angular pieces. Toss on a lined oven tray along with cherry tomatoes, **oil**, **salt and pepper**. Roast for 20 minutes until vegetables are tender.



### 4. MASSAGE THE KALE

Thinly slice kale leaves. Add to bowl with remaining dressing. Massage with dressing to tenderise the kale.



### 5. TOSS THE KALE

Toss kale on tray with roasted vegetables to coat vegetables with dressing. Crumble over feta cheese.



### 6. FINISH AND SERVE

Serve roasted vegetables tableside with chicken chops (see notes).

**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**

