



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Black Rice

Black rice has a delicious nutty taste and magical aromas. It has superior health benefits making it a new alternative to white and brown rice.



F4

Roasted Chicken Breast with Black Rice Stuffing Salad

In a recipe inspired by a stuffed roast chicken, black rice is tossed in a maple syrup and mustard dressing with roasted sweet potato and fresh mesclun leaves.



35 minutes



4 servings



Chicken

9 December 2022

BBQ it!

Cut the sweet potato into wedges and BBQ them with the chicken breast fillet.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	43g	86g

FROM YOUR BOX

BLACK RICE	1 packet (300g)
SWEET POTATO	400g
SKIN-ON CHICKEN BREAST FILLETS	600g
CELERY STALKS	2
CRANBERRY + PECAN MIX	1 packet (100g)
MESCLUN LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried sage, dijon mustard, apple cider vinegar, maple syrup

KEY UTENSILS

saucepan, oven tray

NOTES

If you don't have dried sage you can use fresh sage, fresh rosemary, dried thyme or dried rosemary instead.

We used dijon mustard but seeded would work well too.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with water.



4. MAKE THE DRESSING

In a large bowl whisk together **1/4 cup olive oil**, **2 tbsp mustard**, **3 tsp vinegar** and **1/2 tbsp maple syrup**.



2. PREPARE THE SWEET POTATO

Dice sweet potato. Add to a lined oven tray. Toss with **oil, salt and pepper**.



5. TOSS THE RICE

Slice celery. Roughly chop cranberries and pecans. Add to dressing bowl along with rice, sweet potato and mesclun leaves. Toss until well coated. Season with **salt and pepper**.



3. ADD CHICKEN & ROAST

Slash chicken in 2–3 places. Place on oven tray with sweet potato. Coat in **oil, 1 tbsp sage, salt and pepper** (see notes). Roast for 20–25 minutes or until chicken is cooked through.



6. FINISH AND SERVE

Slice chicken breasts. Divide rice among plates and top with sliced chicken. Spoon any roasting juices over the chicken.

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**

