



### Product Spotlight: Carrots

Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.



## F4 Rosemary Chicken with Roast Lemon Dressing

Chicken breast fillet roasted with lemon zest and dried rosemary, paired with roast carrots, fresh leafy greens and roast lemon dressing.

 30 minutes

 4 servings

 Chicken

18 March 2022

## Bulk it up!

*If you are looking to bulk up this meal you can add some pumpkin or sweet potato to the roasting tray with the carrots, or serve with thick slices of crusty bread.*

Per serve: **PROTEIN** 46g **TOTAL FAT** 19g **CARBOHYDRATES** 13g

## FROM YOUR BOX

LEMON	1
CHICKEN BREAST FILLETS	600g
CARROTS	3
PURPLE CARROTS	3
LEBANESE CUCUMBERS	2
ROCKET LEAVES	120g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, vinegar of choice, honey

## KEY UTENSILS

2 oven trays

## NOTES

If you don't have dried rosemary you can use dried oregano, dried sage or dried tarragon on your chicken.

Add some whole garlic cloves to the tray and roast with the vegetables. Once roasted, squeeze out the bulbs and combine with the dressing.



### 1. ROAST THE CHICKEN

Set oven to 220°C.

Zest lemon and cut in half. Slash chicken in 3-4 places then coat in lemon zest, **oil**, **2 tsp rosemary (see notes)**, **salt and pepper**. Place chicken and lemon halves on an oven tray and roast for 20-25 minutes or until cooked through.



### 4. MAKE THE DRESSING

Squeeze juice from roast lemon halves into a small bowl. Whisk together with **1 tbsp vinegar**, **2 tbsp olive oil**, **1/2 tsp honey**, **salt and pepper**.



### 2. ROAST THE CARROTS

Quarter carrots lengthways slice purple carrots (see notes). Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 15-20 minutes or until tender.



### 5. FINISH AND SERVE

Slice the chicken. Divide among plates along with roasted carrots and greens. Serve with roast lemon dressing.



### 3. PREPARE THE GREENS

Thinly slice Lebanese cucumbers. Add to a large bowl along with rocket leaves. Toss together.

**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**

