

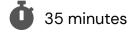




Smoky Roasted Chicken

with Pumpkin and Mint Dressing

Crispy skin, oven-baked chicken breast lightly seasoned with lemon pepper served with roasted pumpkin and a fresh green dressing.





4 servings



But why?

We to leave the skin on the pumpkin for added texture and nutrition. You can peel it if preferred.

PROTEIN TOTAL FAT CARBOHYDRATES

50g 43g

FROM YOUR BOX

CHICKEN BREAST (SKIN ON)	600g
BUTTERNUT PUMPKIN	1
CORN COBS	2
SPRING ONIONS	1 bunch
MINT	1 packet
LEMON	1
GREEN BEANS	1 bag (250g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, smoked paprika, dried thyme, maple syrup

KEY UTENSILS

2 oven trays, small saucepan, stick mixer (optional)

NOTES

If you don't want to use a stick mixer, you can finely chop the mint and reserved spring onions, add to a bowl with remaining ingredients and mix to combine. Add some extra maple syrup for a sweeter sauce.

If preferred, add the green beans to the tray with the vegetables for the last 5 minutes of roasting.





1. ROAST THE CHICKEN

Set oven to 220°C.

Slash chicken in 3-4 places. Place on a lined oven tray and rub with 2 tsp lemon pepper, 2 tsp smoked paprika, oil, salt and pepper. Roast for 25 minutes until golden and cooked through.



4. COOK THE BEANS

Trim and halve beans (see notes). Heat a saucepan with 1/2 cup of water over medium-high heat. Add beans and cook for 2-3 minutes until just tender. Drain.



2. ROAST THE VEGETABLES

Cut pumpkin into wedges and quarter corn. Slice white ends of spring onions into 3 cm pieces (reserve green tops for step 3). Toss vegetables on a lined oven tray with 1 tbsp thyme, oil, salt and pepper. Roast for 20–25 minutes until tender.



3. MAKE THE MINT DRESSING

Roughly chop mint leaves and reserved spring onion tops (save some for garnish). Place in a jug with lemon juice, **3 tbsp olive oil**, **1/2 tbsp maple syrup**, **salt and pepper** (see notes). Use a stick mixer to blend to a sauce consistency.



5. FINISH AND SERVE

Slice chicken and serve onto plates with roasted vegetables and beans. Spoon over dressing to taste and garnish with reserved spring onion tops.





