



### Product Spotlight: Pumpkin

Pumpkins come in many different shapes and sizes; and what they all have in common is their versatility (baked, steamed, mashed) and deliciousness!



## 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.



35 minutes



4 servings



Chicken

16 June 2023

## But why?

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	23g	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.



### 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.



### 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.



### 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.



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