



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Balsamic Dressing from Cape Farm

A slow reduction of grape must and balsamic vinegar, perfect for any salad, and a great accompaniment to cheese. Made in Margaret River!



2 Cheesy Baked Marylands

This roasted chicken features cream cheese topping and a veggie traybake full of colour and flavour. Tossed with a sweet WA-made balsamic glaze, the meal satisfies the whole family.

 35 minutes

 2 servings

 Chicken

9 April 2021

Cooking options

If preferred, keep the capsicum fresh, and boil the corn cobs and green beans instead of roasting. Or, you can cook the chicken and corn on the barbecue if weather permits!

FROM YOUR BOX

CHICKEN MARYLANDS	2-pack
CREAM CHEESE	1/4 block *
LEMON	1
PARSLEY	1/2 bunch *
SWEET POTATOES	400g
SPRING ONIONS	2
RED CAPSICUM	1/2 *
CORN COB	1
GREEN BEANS	1/2 bag (75g) *
BALSAMIC DRESSING	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, dried oregano

KEY UTENSILS

2 oven trays

NOTES

You can season the veggie traybake to your taste. Instead of dried oregano, try Italian herbs, smoked paprika or thyme!



1. COOK THE CHICKEN

Set oven to 220°C.

Slash chicken in 3-4 places. Mix together cream cheese to taste (we used 2 tbsp), 1 tsp lemon zest, crushed **garlic**, half the parsley roughly chopped, **salt and pepper**. Push into cuts on chicken and roast for 25-30 minutes or until golden and cooked through.



4. TOSS THE VEGETABLES

Toss the cooked vegetables with juice from 1/2 lemon (wedge remaining), remaining chopped parsley and the balsamic glaze. Season to taste with **salt and pepper**.



2. ROAST THE VEGETABLES

Dice sweet potatoes, roughly chop spring onions and capsicum, quarter corn cob. Toss on a lined oven tray with **1/2 tsp oregano, oil, salt and pepper** (see notes). Roast for 15-20 minutes.



5. FINISH AND PLATE

Serve chicken and vegetables on plates with a lemon wedge.



3. ADD THE BEANS

Trim and halve beans, toss in **oil** and add to roast vegetables for the last 5 minutes.

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**

