



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Orange

Try tasting the orange – they are both sweet and sour, and they're a great addition to both desserts and dinners – such as this tasty salad!



2 Rainbow Chicken Salad

Enjoy the colours of the rainbow with this tasty, family-friendly chicken salad featuring roasted pumpkin, orange, purple carrot, asparagus, and more!



30 minutes



2 servings



Chicken

2 November 2020

BBQ time

The chicken, pumpkin, asparagus and even cherry tomatoes can be cooked on the barbie if you prefer!

FROM YOUR BOX

THYME	1/3 packet *
ORANGE	1
CHICKEN BREAST FILLET (SKIN ON)	300g
DICED BUTTERNUT PUMPKIN	1 packet (500g)
ALMONDS	1 packet (40g)
ASPARAGUS	1 bunch
CHERRY TOMATOES	1/2 bag (100g) *
PURPLE CARROT	1
MESCLUN	1 bag (60g)
CARAMELISED BALSAMIC DRESSING	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray, small frypan

NOTES

Add the cherry tomatoes to the tray with the pumpkin if you prefer them cooked.

Cook the asparagus in the oven for 5 minutes if preferred.

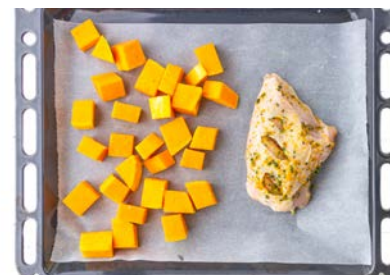
We left the skin on the orange but you can peel it if you like.



1. PREPARE THE CHICKEN

Set oven to 220°C.

Chop thyme to yield 1/2 tbsp and zest orange to yield 1/2 tbsp. Mix with **1/2 tbsp oil, salt and pepper**. Slash chicken in 3-4 places, then place on one side of a lined oven tray and rub with thyme mixture.



2. COOK THE PUMPKIN

Toss pumpkin on the other side of the baking tray with **oil, salt and pepper** (see notes). Roast for 20-25 minutes or until chicken and pumpkin are cooked through and tender.



3. TOAST ALMONDS (OPTIONAL)

Heat a small frypan over medium heat. Roughly chop almonds, fry for 3-4 minutes until golden and toasted. Remove to a plate, keep pan.



4. COOK THE ASPARAGUS

Trim and halve asparagus. Reheat frypan with **1/4 cup water** (see notes). Add asparagus and cook for 2-3 minutes until just tender. Run under cold water to cool.



5. MAKE THE SALAD

Halve the cherry tomatoes and ribbon the carrot. Slice the orange (see notes). Arrange on a platter with mesclun leaves and asparagus.



6. FINISH AND PLATE

Slice chicken and serve with roasted pumpkin and salad. Scatter over almonds and drizzle with dressing.

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**

