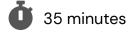


Smokey Lemon Roasted Chicken

with Pumpkin and Mint Dressing

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





2 servings



Make Soup!

Add the diced pumpkin, corn kernels and spring onion to a saucepan. Add some garlic and a stock cube with 3 cups water. Simmer until tender then blend. Cook the chicken in a frypan then shred and stir through to serve.

FROM YOUR BOX

| CHICKEN BREAST (SKIN ON) | 300g |
|--------------------------|-------------|
| CORN COBS | 1 |
| SPRING ONIONS | 1/3 bunch * |
| DICED PUMPKIN | 400g |
| MINT | 1/2 bunch * |
| LEMON | 1/2 * |
| GREEN BEANS | 150g |
| | |

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, small saucepan, stick mixer

NOTES

For a sweeter finish, add a little more maple syrup to the sauce.

Add the beans to the tray with the vegetables for the last 5 minutes if preferred.



1. ROAST THE CHICKEN

Set oven to 220°C.

Slash chicken in 3-4 places. Place on one side of a lined oven tray and rub with 1/2 tsp lemon pepper, 1/2 tsp smoked paprika (optional), oil, salt and pepper. Place into oven while you prepare the vegetables.



2. COOK THE VEGETABLES

Quarter corn and slice white ends of spring onions (keep green ends for sauce). Toss together with the pumpkin, 1/2 tsp thyme, oil, salt and pepper. Add to tray and roast for 20-25 minutes until tender.



3. MAKE THE DRESSING

Roughly chop mint leaves to yield 1/2 cup and chop reserved spring onion tops (save some for garnish). Place into a jug with lemon juice, 3 tbsp olive oil, 1/2 tbsp maple syrup, salt and pepper (see notes). 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 PLATE

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



