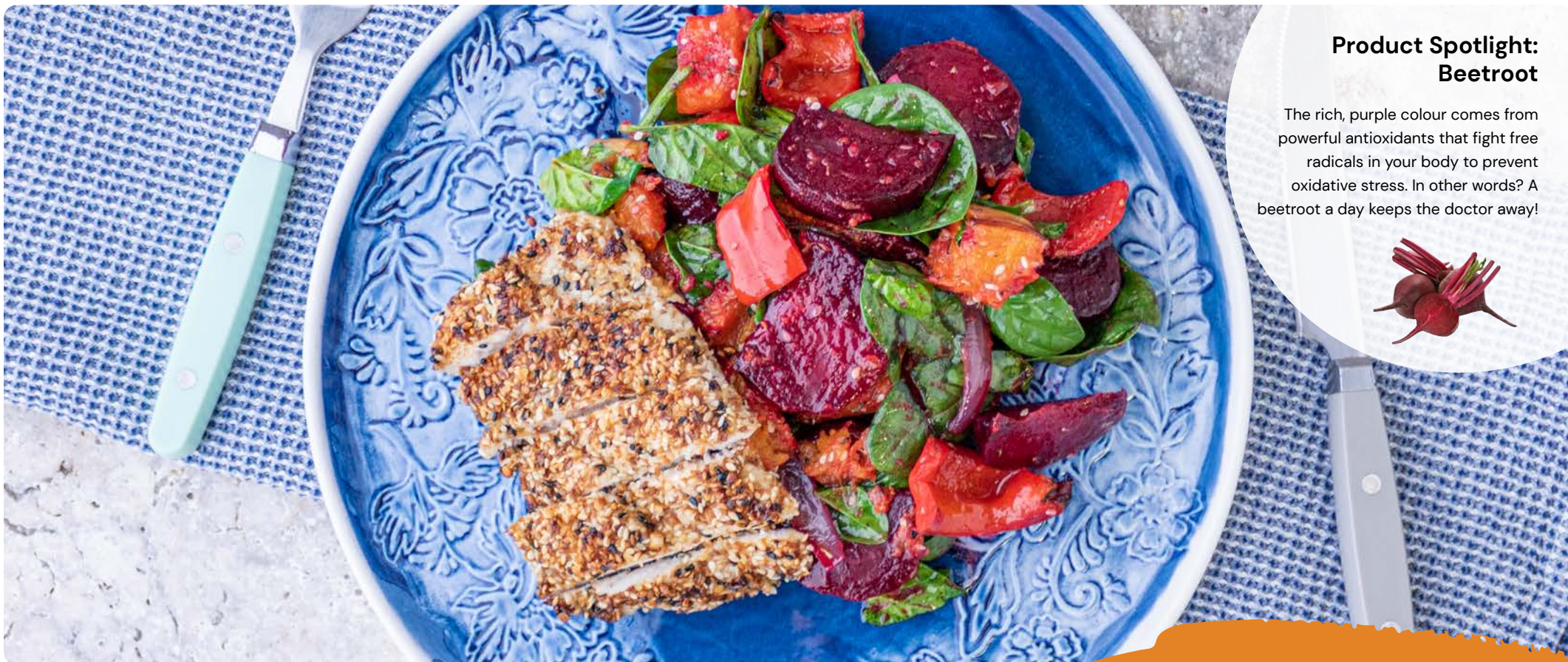




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beetroot

The rich, purple colour comes from powerful antioxidants that fight free radicals in your body to prevent oxidative stress. In other words? A beetroot a day keeps the doctor away!



2 Warm Autumn Salad with Dukkah Chicken

Pumpkin, beetroot, and baby spinach in perfect unison with tender free-range WA chicken, flavourful dukkah, and a homemade honey-vinegar dressing.

 30 minutes

 2 servings

 Chicken

14 May 2021

Extra hungry?

If you're feeding big appetites or cooking for extra people, add cooked short pasta to the salad when tossing it together in step 4. Or, serve with crusty (garlic) bread on the side.

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
BEETROOT	1
RED ONION	1/2 *
RED CAPSICUM	1/2 *
HONEY SHOT	1
DUKKAH	1 packet (40g)
CHICKEN SCHNITZELS	300g
BABY SPINACH	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried thyme, red wine vinegar

KEY UTENSILS

frypan, oven tray

NOTES

We kept the peel on the pumpkin for extra fibre and texture, but you can peel it if preferred. If desired, you can leave the capsicum fresh instead of roasting.

For extra flavour, add 1 crushed garlic clove to the dressing.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin, wedge beetroot and onion, slice capsicum (see notes). Toss on a lined oven tray with **1 tsp thyme, oil, salt and pepper**. Roast for 15–20 minutes or until tender.



2. MAKE THE DRESSING

In a large bowl, whisk together honey shot, 1/2 tbsp dukkah, **2 tbsp olive oil, 2 tbsp vinegar, salt and pepper** (see notes).



3. COOK THE CHICKEN

Heat a frypan with **oil** over medium–high heat. Coat chicken with remaining dukkah and add to pan. Cook for 4–5 minutes each side until golden and cooked through.



4. TOSS THE SALAD

Add roasted vegetables and spinach to dressing bowl. Toss well and season to taste with **salt and pepper**.



5. FINISH AND PLATE

Slice chicken and serve on plates with salad.

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**

