



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pepitas


These dried green kernels contain essential vitamins, minerals and antioxidants and are a great way to add crunch and flavour to muesli, salads and savoury dishes.




2 Roast Chicken

with Roasted Sweet Potato and Maple Dressing

Just like a Christmas dinner. Roasted chicken and vegetables with a side of green beans. Finished off with a maple and mustard dressing.

 30 minutes

 2 servings

 Chicken

24 December 2021

Cook it on the BBQ!

Dice chicken and courgettes. Rub with the rosemary mix and thread onto skewers.

Slice sweet potato thinly and cook all on the barbecue. Make a salad with blanched beans and carrots.

FROM YOUR BOX

SWEET POTATO	400g
PURPLE CARROT	1
COURGETTES	2
ROSEMARY SPRIG	1
CHICKEN BREAST	300g
PEPITAS	30g
GREEN BEANS	1 bag (150g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, ground cumin, 1 garlic clove, white wine vinegar, mustard (wholegrain or Dijon)

KEY UTENSILS

oven tray, frypan

NOTES

If you are not a fan of cumin you can easily replace it with thyme, oregano, or even extra rosemary.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice sweet potato and carrot. Cut courgettes into rounds. Toss with **2 tsp cumin** (see notes), **oil, salt and pepper** on a lined oven tray. Cook for 20–25 minutes until golden and tender.



2. COOK THE CHICKEN

Finely chop rosemary to yield 1/2 tbsp and crush **garlic**. Mix together with **1/2 tbsp oil, salt and pepper**. Slash chicken in 3–4 places and rub with rosemary mix. Add to tray with vegetables. Cook for 20–25 minutes until cooked through.



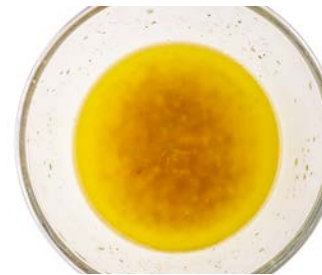
3. TOAST THE PEPITAS

Toast pepitas in a frypan over medium-high heat for 1–2 minutes, or until golden. Remove and keep pan over heat.



4. COOK THE BEANS

Pour **1/2 cup water** into frypan and bring to the boil. Trim and add beans. Cook for 2–3 minutes until just tender. Drain and place in a serving dish.



5. MAKE THE DRESSING

Whisk together **2 tbsp olive oil, 1 tbsp vinegar, 1 tsp maple syrup and 1/2 tsp mustard**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice chicken and serve with roasted vegetables and beans. Spoon over dressing to taste.

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**

