



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Honey Sachet


This recipe features a sachet of honey from Fewster's Farm in WA. It's organic and contains no preservatives. It's not heat treated either, resulting in a mild, delicious flavour.



2 Roast Pumpkin and Chicken Salad

A wholesome, colourful dinner that will leave the whole family satisfied! Featuring free-range chicken, roast pumpkin, a tangy onion dressing and a sprinkle of crunchy cashews.

 30 minutes

 4 servings

 Chicken

15 February 2021

Onion options

This dressing features sliced onion. If you prefer less dominant onion flavours, you can chop it finely before stirring through dressing. You can also add it to the oven tray with the pumpkin instead.

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	1/2 bag (200g) *
HONEY SACHET	1
RED ONION	1/2 *
GREEN BEANS	1/2 bag (125g) *
CHICKEN BREAST FILLET	600g
BABY LEAVES AND BEETROOT	1 bag (180g)
CASHEWS	1/2 bag (50g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, ground cumin, red wine vinegar, dried oregano

KEY UTENSILS

oven tray, large frypan

NOTES

Leave the tomatoes fresh if preferred.

For extra flavour, add 1-2 tsp of seeded mustard to the dressing.

Add the onion to the tray if preferred.



1. ROAST THE PUMPKIN

Set oven to 220°C.

Cut pumpkin into wedges and halve cherry tomatoes (see notes). Toss on a lined oven tray with **1 tsp cumin, oil, salt and pepper**. Roast for 15-20 minutes until tender.



2. MAKE THE DRESSING

In a small bowl whisk together honey, **3 tbsp olive oil, 1 1/2 tbsp vinegar, salt and pepper**. Thinly slice onion and stir through dressing (see notes).



3. COOK THE BEANS

Heat a frypan with **1/2 cup water**. Trim and halve beans. Add to pan and cook for 2-3 minutes until just tender. Drain and run under cold water. Set aside and keep pan.



4. COOK THE CHICKEN

Slice the chicken into medallions. Rub with **1 tsp oregano and oil**. Reheat frypan over medium-high heat. Cook chicken for 3-4 minutes each side or until cooked through.



5. TOSS THE SALAD

Tip leaves into a bowl. Add beans, pumpkin and tomatoes. Toss together with onion dressing, season to taste with **salt and pepper**.



6. FINISH AND PLATE

Roughly chop cashews.

Divide salad between plates. Add chicken and sprinkle with cashews.

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