




Product Spotlight: Pumpkin

Pumpkins come in many different shapes and sizes. The thing they all have in common is their versatility (baked, steamed, mashed) and deliciousness!



2 **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.

 35 minutes

 4 servings

 Chicken

27 August 2021

Make Soup!

Dice pumpkin, remove corn kernels and slice spring onions and add to a saucepan. Add some garlic and a stock cube with 1 1/2 L 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)	600g
BUTTERNUT PUMPKIN	1
CORN COBS	2
SPRING ONIONS	1/2 bunch *
MINT	1/2 bunch *
LEMON	1/2 *
GREEN BEANS	1 bag (250g)

**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 x 2, small saucepan, stick mixer

NOTES

We choose to leave the skin on the pumpkin for added texture and goodness. You can peel it if preferred.

Add some extra maple syrup for a sweeter 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 a lined oven tray and rub with **1 tsp lemon pepper, 1 tsp smoked paprika (optional), oil, salt and pepper**. Roast for 25 minutes until golden and cooked through.



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.



2. COOK THE VEGETABLES

Cut pumpkin into wedges (see notes) and quarter corn. Slice white ends of spring onions into 3 cm pieces (keep green ends for sauce). Place vegetables on a lined oven tray and toss with **1 tsp thyme, oil, salt and pepper**. Roast for 20–25 minutes until tender.



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.



3. MAKE THE DRESSING

Roughly chop mint leaves to yield 1/2 cup and chop reserved spring onion ends (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.

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**

