



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pumpkin


Butternut pumpkin is rich in antioxidants, including vitamins C & E, and beta-carotene. These help protect your body from chronic disease!



3 Chicken and Pumpkin Salad with Lime and Mint Aioli

Who says salads are for summer only? Not us! This one features our favourite winter ingredients: roasted pumpkin, pear and green beans, as well as free-range WA chicken.

 30 minutes

 4 servings

 Chicken

11 June 2021

Platter-style

Instead of serving this dish in individual bowls, you can arrange it on a large platter and serve platter-style.

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CORN COBS	2
LIME	1
SPRING ONIONS	1/3 bunch *
CHICKEN MINCE	600g
GREEN BEANS	1 bag (150g)
MESCLUN LEAVES	1/2 packet (100g) *
PEARS	2
AIOLI	1 tub (100g)
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander (see notes)

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

In place of coriander, you can use ground cumin, smoked paprika, Italian herbs or garlic.

If cooking for picky eaters, keep aioli separate from the mint and lime juice.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin and peel corn. Toss on a lined oven tray with **oil, salt, pepper and 2 tsp coriander**.



2. MAKE THE MEATBALL MIX

In a bowl, mix together lime zest, chopped spring onions, chicken mince, **1 tsp coriander, salt and pepper**.



3. COOK THE MEATBALLS

Heat a large frypan with **oil** over medium-high heat. Using two tablespoons, spoon meatballs directly onto frypan. Cook for 3-4 minutes each side or until cooked through.



4. MAKE THE SALAD

Bring **1/2 cup water** to the boil in a saucepan. Trim and halve green beans, boil for 2-3 minutes, then drain.

In a large bowl, mix together green beans, mesclun leaves and sliced pears.



5. MAKE THE DRESSING

In a small bowl, mix together aioli, lime juice and chopped mint (see notes).



6. FINISH AND PLATE

Remove corn kernels from cobs.

Serve salad in bowls, topped with roast pumpkin, corn kernels, meatballs and a drizzle of dressing.

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**

