



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Balsamic Dressing from Cape Farm

A slow reduction of grape must and balsamic vinegar, perfect for any salad, and a great accompaniment to cheese. Made in Margaret River!



## 2 Cheesy Baked Marylands

This roasted chicken features cream cheese topping and a veggie traybake full of colour and flavour. Tossed with a sweet WA-made balsamic glaze, the meal satisfies the whole family.

 35 minutes

 4 servings

 Chicken

9 April 2021

### Cooking options

*If preferred, keep the cherry tomatoes fresh, and boil the corn cobs and green beans instead of roasting. Or, you can cook the chicken and corn on the barbecue if weather permits!*

## FROM YOUR BOX

CHICKEN MARYLANDS	4-pack
CREAM CHEESE	1/4 block *
LEMON	1
PARSLEY	1/2 bunch *
SWEET POTATOES	800g
SPRING ONIONS	1/3 bunch *
CORN COBS	2
CHERRY TOMATOES	1 bag (200g)
GREEN BEANS	1/2 bag (125g) *
BALSAMIC DRESSING	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, dried oregano

## KEY UTENSILS

2 oven trays

## NOTES

You can season the veggie traybake to your taste. Instead of dried oregano, try Italian herbs, smoked paprika or thyme!



### 1. COOK THE CHICKEN

Set oven to 220°C.

Slash chicken in 3-4 places. Mix together cream cheese, 2 tsp lemon zest, crushed **garlic**, half the parsley roughly chopped, **salt and pepper**. Push into cuts on chicken and roast for 25-30 minutes, or until golden and cooked through.



### 4. TOSS THE VEGETABLES

Toss the cooked vegetables with juice from 1/2 lemon (wedge remaining), remaining chopped parsley and the balsamic glaze. Season to taste with **salt and pepper**.



### 2. ROAST THE VEGETABLES

Dice sweet potatoes, roughly chop spring onions, quarter corn cobs and halve cherry tomatoes. Toss on a lined oven tray with **1 tsp oregano, oil, salt and pepper** (see notes). Roast for 15-20 minutes.



### 5. FINISH AND PLATE

Serve chicken and vegetables on plates with a lemon wedge.



### 3. ADD THE BEANS

Trim and halve beans, toss in **oil** and add to roast vegetables for the last 5 minutes.

**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](mailto:hello@dinnertwist.com.au)

