



**Product Spotlight:  
Rosemary**

Keep leftover rosemary sprigs in water on your kitchen bench; they will develop roots after 2-3 weeks!



# Orange Mustard Chicken

BBQ chicken tenderloins dressed with an orange, rosemary and mustard marinade, served with crispy potato discs and a fresh garden salad.

35 minutes

2 servings

Chicken

## Make chicken burgers!

Coat chicken with honey, mustard and rosemary before cooking on the BBQ. Serve with salad ingredients in a burger bun with mayonnaise or aioli.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	14g	35g

## FROM YOUR BOX

MEDIUM POTATOES	3
ROSEMARY SPRIG	1
ORANGE	1
HONEY SHOT	1
BAVARIAN MUSTARD	1 jar
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 packet (200g)
CHICKEN TENDERLOINS	300g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

## KEY UTENSILS

oven tray, griddle pan or BBQ

## NOTES

You can zest the orange and add the zest to the marinade if you like.

Any extra orange marinade will be lovely on the salad, too!



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### 1. ROAST THE POTATOES

Set oven to 250°C.

Slice **potatoes** into rounds and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



### 4. COOK THE CHICKEN

Heat a griddle pan or BBQ over medium-high heat. Coat **chicken** with **1 tsp cumin, oil, salt and pepper**. Cook for 4–5 minutes each side or until cooked through.



### 2. PREPARE THE MARINADE

Chop **rosemary leaves** to yield 1 tsp. Whisk together with **orange juice** (see notes), **honey, mustard** and **2 tbsp olive oil**. Season with **salt and pepper**. Set aside.



### 3. PREPARE THE SALAD

Tear and rinse **lettuce leaves**. Slice **cucumber** and halve **cherry tomatoes**. Toss together.



### 5. FINISH AND SERVE

Spoon **marinade** over top of **chicken** (use to taste). Serve with **crispy potatoes** and **salad** on the side (see notes).

**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**

