



**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

4 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
	25g	17g	31g

FROM YOUR BOX

MEDIUM POTATOES	800g
ROSEMARY SPRIG	1
ORANGE	1
HONEY SHOT	1
BAVARIAN MUSTARD	1 jar
BABY COS LETTUCE	2-pack
AVOCADO	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 packet (200g)
CHICKEN TENDERLOINS	600g

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!



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.



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

Separate and rinse **lettuce leaves**. Slice **avocado** and **cucumber**. Halve **cherry tomatoes**. Toss together.



4. COOK THE CHICKEN

Heat a griddle pan or BBQ over medium-high heat. Coat **chicken** with **2 tsp cumin, oil, salt and pepper**. Cook for 4-5 minutes each side or until cooked through.



5. FINISH AND SERVE

Add cooked **chicken** to **marinade** and toss to coat. Serve with **crispy potatoes** and **salad** on the side (see notes).



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