



**Product Spotlight:
Rosemary**

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



Rosemary Chicken

with Sweet Potato Salad

Grilled rosemary chicken schnitzels, served alongside a balsamic sweet potato salad with BBQ spring onions, creamy avocado and a sprinkling of pine nuts at the end.

Dress it your way!

You can use your favourite pre-made salad dressing for this dish if preferred! A French vinaigrette, sweet chilli dressing, balsamic glaze or pesto would all work well!



30 minutes



4 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	22g	71g

FROM YOUR BOX

SWEET POTATOES	1kg
ROSEMARY SPRIG	1
CHICKEN SCHNITZELS	600g
SPRING ONIONS	1 bunch
MESCLUN LEAVES	1 bag
AVOCADO	1
PINE NUTS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

oven tray, griddle pan or BBQ, frypan

NOTES

You can cook the spring onions in a frypan if they don't fit on your griddle pan or BBQ.

Toast the pine nuts in the oven or in a fry pan for 5 minutes until golden, if preferred.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes until golden and cooked through.



4. PREPARE THE DRESSING

Whisk together **3 tbsp balsamic vinegar** and **3 tbsp olive oil**.



2. COOK THE CHICKEN

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



3. COOK THE SPRING ONIONS

Cut spring onions into 5cm lengths. Toss with **oil**. Add to griddle pan or BBQ (see notes) with chicken and cook for 5 minutes.



5. ARRANGE THE SALAD

Arrange roast sweet potatoes and mesclun leaves on a serving plate. Dice avocado and place on top along with cooked spring onions. Drizzle with dressing and scatter over pine nuts (see notes).



6. FINISH AND SERVE

Serve sweet potato salad with chicken at the table.



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