

**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



4/6 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
	40g	12g	55g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
ROSEMARY SPRIG	1	2
ORANGE	1	2
HONEY SHOT	1	2
DIJON MUSTARD	1 jar	2 jars
GEM LETTUCE	3-pack	3-pack
AVOCADO	1	2
LEBANESE CUCUMBER	1	2
CHERRY TOMATOES	200g	2 x 200g
CHICKEN TENDERLOINS	600g	600g + 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 **2-3 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.

6P – use 3 tbsp olive oil.



3. PREPARE THE SALAD

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



5. FINISH AND SERVE

Add cooked **chicken** to **marinade** and toss to coat. 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

