

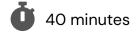




Maple Lemon Chicken

with Power Salad

Sweet citrus roasted chicken served alongside a dressed kale salad tossed with dutch carrots and toasted almonds. Finished with a delicious harvest dressing.







Crisp up the kale!

Roughly chop, rinse and pat dry kale leaves. Toss with oil and salt. Place on a tray and cook in the oven on 220°C for 5-7 minutes until kale is crispy.

TOTAL FAT CARBOHYDRATES

66g

107g

58g

FROM YOUR BOX

CHICKEN CHOPS	500g
LEMON	1
DUTCH CARROTS	1 bunch
SHALLOT	1
KALE LEAVES	3
AVOCADO	1
LEBANESE CUCUMBER	1
FLAKED ALMONDS	40g
HARVEST DRESSING	100g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, maple syrup

KEY UTENSILS

2 oven trays, frypan

NOTES

If you would like to stretch this dish further you can toss in some cooked brown rice, quinoa or couscous.





1. ROAST THE CHICKEN

Set oven to 220°C.

Coat chicken with zest from 1/2 lemon, 2 tsp maple syrup, oil, salt and pepper. Arrange on a lined oven tray and roast for 25–30 minutes, or until cooked through.



2. ROAST THE VEGETABLES

Trim, scrub and halve **carrots** lengthways. Wedge **shallot**. Toss on a second lined oven tray (or use the same tray as the chicken if there is room!) with **1 1/2 tsp coriander**, **oil**, **salt and pepper**. Roast for 20 minutes until tender.



3. PREPARE THE SALAD

Remove stems from **kale** and slice leaves. Add to a large salad bowl with juice from 1/2 lemon, **1 tbsp olive oil**, **salt and pepper**. Use your hands to scrunch leaves until tender. Dice **avocado** and **cucumber**. Add to salad.



4. TOAST THE ALMONDS

Toast **almonds** in a dry frypan over medium-high heat for 3-4 minutes or until golden. Take off heat.



5. PREPARE THE DRESSING

Combine juice from remaining 1/2 lemon with harvest dressing. Season with salt and pepper.



6. FINISH AND SERVE

Gently toss roast vegetables with kale salad and toasted almonds. Drizzle with harvest dressing and serve with chicken (see notes).





