



### Product Spotlight: Red Apple

"An apple a day keeps the doctor away" is well-known nutrition advice! Apples help control insulin levels by releasing sugar slowly into the bloodstream. They are also full of vitamins C & A which will help battle the cold & flu!



## Roast Chicken and Winter Veg with Tossed Buckwheat

Roasted fennel, apple and Brussels sprouts tossed with nutty buckwheat and zingy lemon juice, served with chicken breast fillet roasted in lemon zest and paprika.



30 minutes



2 servings



Chicken

### Bulk it up!

*If you are looking to bulk this recipe up, you can toss most leftover leafy greens through the buckwheat like rocket leaves, baby spinach, kale leaves and even parsley leaves.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 57g     | 8g        | 49g           |

## FROM YOUR BOX

|                       |      |
|-----------------------|------|
| LEMON                 | 1    |
| CHICKEN BREAST FILLET | 300g |
| FENNEL                | 1    |
| RED APPLE             | 1    |
| BRUSSELS SPROUTS      | 200g |
| BUCKWHEAT             | 100g |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika

## KEY UTENSILS

oven dish, oven tray, saucepan

## NOTES

We recommend using an oven dish to roast the chicken as it catches any roasting juices from the chicken. Be sure to spoon them over your finished dish.

If you have any fresh herbs like parsley, basil or mint, toss them through the buckwheat with roasted vegetables. You can also crumble over some soft feta cheese or dot over some labneh.



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### 1. ROAST THE CHICKEN

Set oven to 220°C.

Zest **lemon** to yield 2 tsp. Place **chicken** skin side up in a lined oven dish (see notes). Slash chicken in 3–4 places. Coat with **oil**, **1 tsp paprika**, lemon zest, **salt and pepper**. Roast for 25 minutes until cooked through.



### 4. TOSS THE BUCKWHEAT

Toss cooked buckwheat through vegetables on oven tray (see notes). Squeeze over juice from 1/2 lemon (wedge remaining).



### 2. ROAST THE VEGGIES

Wedge **fennel** (reserve any fronds) and **apple**. Halve **Brussels sprouts**. Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



### 5. FINISH AND SERVE

Slice chicken breast.

Add slices of chicken to oven tray and serve tableside. Garnish with any reserved fennel fronds.



### 3. COOK THE BUCKWHEAT

Place **buckwheat** in a saucepan and cover with water. Bring to a boil and cook for 12–15 minutes until tender. Drain and rinse.

**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**

