



### Product Spotlight: Beetroot

Be careful when preparing beetroots, and ask the kids to wear an apron if they are helping out in the kitchen; the pink colour can stain your clothes.



## Roast Chicken

### with Rainbow Veggies and Dukkah Yoghurt Sauce

Oven-roasted rainbow root vegetables with cumin-spiced chicken breast finished with fresh parsley and a flavourful dukkah yoghurt sauce.



40 minutes



2 servings



Chicken

## Switch it up!

*If you have any vegetables you need to use up, you can add them to the tray bake – potatoes, mushrooms, capsicum and cherry tomatoes would all work well!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	21g	74g

## FROM YOUR BOX

BEETROOTS	2
DUTCH CARROTS	1 bunch
COURGETTES	2
SWEET POTATOES	400g
CHICKEN BREAST FILLET (SKIN ON)	300g
NATURAL YOGHURT	1 tub
DUKKAH	1 packet
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, dried rosemary

## KEY UTENSILS

oven tray

## NOTES

You can use dried thyme or fresh rosemary on the vegetables if preferred!

To avoid staining, toss the beetroots separately from the other vegetables.



### 1. PREPARE THE VEGETABLES

Set oven to 250°C.

Trim and scrub beetroots and carrots. Wedge beetroots. Slice courgettes and sweet potatoes. Toss on a lined oven tray with **2 tsp dried rosemary, oil, salt and pepper** (see notes).



### 2. ADD THE CHICKEN

Slash chicken and rub with **1/2 tbsp cumin, oil, salt and pepper**. Add to tray with vegetables and roast for 25-30 minutes until cooked through and vegetables are tender.



### 3. PREPARE THE YOGHURT

Combine yoghurt with **1 tsp cumin**. Stir through dukkah, **1 tbsp olive oil, salt and pepper**. Set aside.



### 4. FINISH AND SERVE

Slice roast chicken, serve with vegetables and dukkah yoghurt. Chop parsley and use to garnish.



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