



### Product Spotlight: Walnuts

Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



## Rosemary Chicken With Balsamic Pumpkin Salad

A delicious warm salad of caramelised roast pumpkin, cherry tomatoes, fresh rosemary chicken and feta cheese finished with crunchy toasted walnuts.



35 minutes



2 servings



Chicken

## Switch it up!

*You can toss the cooked chicken and vegetables with quinoa, pearl barley or a wholegrain pasta to stretch it out further!*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 67g     | 45g       | 53g           |

## FROM YOUR BOX

|                       |          |
|-----------------------|----------|
| BUTTERNUT PUMPKIN     | 1        |
| SHALLOT               | 1        |
| CHERRY TOMATOES       | 200g     |
| WALNUTS               | 60g      |
| ROSEMARY SPRIG        | 1        |
| CHICKEN BREAST FILLET | 300g     |
| BABY SPINACH          | 120g     |
| FETA CHEESE           | 1 packet |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar

## KEY UTENSILS

oven tray, large frypan

## NOTES

Peel pumpkin if desired.

To use less dishes you can add the walnuts to the oven tray for the last 5 minutes instead of toasting in a frypan.

You can roast the chicken breast with the vegetables, or cook on the BBQ if you prefer!



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **pumpkin** (use to taste), wedge **shallot** and halve **cherry tomatoes**. Toss on a lined oven tray with **2 tbsp balsamic vinegar, oil, salt and pepper**. Roast for 20–25 minutes or until tender.



### 4. FINISH AND SERVE

Toss or layer **roasted vegetables** with **spinach** on a serving plate. Slice and add **chicken**. Finish with crumbled **feta cheese** and **walnuts**. Drizzle with **olive oil** and **balsamic vinegar** to taste.



### 2. TOAST NUTS (OPTIONAL)

Roughly chop **walnuts**. Add to a dry frypan over medium-high heat and toast for 2–3 minutes until golden (see notes). Remove and set aside.



### 3. COOK THE CHICKEN

Finely chop **rosemary**.

Reheat frypan over medium-high heat. Slash **chicken** and coat with the **rosemary, oil, salt and pepper**. Cook for 8–10 minutes each side or until cooked through (see notes).



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