



### 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 & 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
	66g	47g	157g

## FROM YOUR BOX

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

## FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar

## KEY UTENSILS

large frypan, small frypan (optional), oven tray

## NOTES

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



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### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin (use to taste), slice 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 roast vegetables with spinach on a serving plate. Slice and add chicken. Finish with crumbled feta cheese, walnuts and balsamic glaze to taste.



### 2. COOK THE CHICKEN

Finely chop rosemary. Heat a 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.



### 3. 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.

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