



Product Spotlight: Kale

Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



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.



40 minutes



4/6 servings



Chicken

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.

| Per serve | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 50g | 53g | 31g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|-------------------|----------|-----------|
| CHICKEN CHOPS | 6pk | 6pk + 4pk |
| LEMON | 1 | 2 |
| DUTCH CARROTS | 1 bunch | 2 bunches |
| RED ONION | 1 | 1 |
| KALE LEAVES | 1 bunch | 1 bunch |
| AVOCADO | 1 | 2 |
| LEBANESE CUCUMBER | 1 | 2 |
| FLAKED ALMONDS | 40g | 2 x 40g |
| HARVEST DRESSING | 100g | 2 x 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.



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1. ROAST THE CHICKEN

Set oven to 220°C. Coat **chicken** with **zest from 1 lemon, 1 tbsp maple syrup, oil, salt and pepper**. Arrange on a lined oven tray and roast for 25–30 minutes, or until cooked through.

6P – coat chicken with zest from whole lemon, 1 1/2 tbsp maple syrup, oil, salt and pepper.



2. ROAST THE VEGETABLES

Trim, scrub and halve **carrots** lengthways. Wedge **red onion**. Toss on a second lined oven tray with **3–4 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.

6P – use juice from 1 lemon.



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**.

6P – combine juice from 1 lemon with harvest dressing.



6. FINISH AND SERVE

Gently toss **roast vegetables** with **kale salad** and **toasted almonds**. Drizzle with **harvest dressing** and serve with **chicken**.

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