

**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



4 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
	50g	25g	79g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	200g
ROSEMARY SPRIG	1
CHICKEN BREAST FILLETS	600g
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.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin, slice red onion 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 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. 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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