

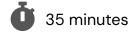


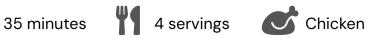


## **Rosemary Chicken**

### 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.







# Switch it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES

35g

15g

#### FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	200g
WALNUTS	60g
ROSEMARY SPRIG	1
CHICKEN BREAST FILLETS	600g
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, wedge 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.



#### 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.



#### 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.





