



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



4/6 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
4/6 Person:	50g	27g/31g	32g/35g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
RED ONION	1	2
CHERRY TOMATOES	200g	2 x 200g
WALNUTS	60g	2 x 60g
ROSEMARY SPRIG	1	2
CHICKEN BREAST FILLETS	600g	600g + 300g
BABY SPINACH	120g	2x 120g
FETA CHEESE	1 packet	2 packets

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.

6P – use 3 tbsp balsamic vinegar.



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.



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