



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BROWN RICE

You may not cook brown rice as often as its white counterparts, yet it's incredibly tasty! It has an almost nutty flavour, chewy bite, and goes well in salads and soups.



3. ROAST CHICKEN WITH BROWN RICE SALAD

 30 Minutes

 4 Servings

A brown rice salad full of colours and flavour served alongside satisfying roast chicken breast and a lemon-honey-mint dressing.

FROM YOUR BOX

BROWN RICE	300g
CHICKEN BREAST FILLET (SKIN ON)	600g
RED ONION	1/2 *
CARROTS	2
RED CAPSICUM	1
LEMON	1
MINT	1/2 bunch *
SNOW PEA SPROUTS	1/3 punnet *
FETA CHEESE	1/2 block *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, lemon pepper (see notes), ground cumin, dijon mustard, honey

KEY UTENSILS

oven dish, oven tray, saucepan

NOTES

If you don't have lemon pepper, simply use a little zest from the lemon and regular ground pepper.

Add more honey and omit lemon zest if you prefer a sweeter dressing.



1. COOK THE BROWN RICE

Set oven to 220°C.

Place brown rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender but firm. Drain.



2. COOK THE CHICKEN

Place chicken in a lined oven dish, slash 3-4 times and rub with **2 tsp lemon pepper** (see notes), **1 tbsp oil and salt**. Roast in the oven for 20-25 minutes until cooked through.



3. ROAST THE VEGETABLES

Wedge red onion, roughly chop carrots and red capsicum. Toss on a lined oven tray with **oil and 1 tsp cumin**. Roast in the oven under the chicken for 20 minutes or until tender.



4. MAKE THE DRESSING

Zest lemon to yield 1 tsp and chop mint. Combine with lemon juice, **3 tbsp olive oil**, **1 tsp dijon mustard** and **1 tsp honey** (see notes). Season with **salt and pepper**.



5. TOSS THE SALAD

In a large bowl, toss together brown rice, roasted vegetables and half the dressing. Place on a serving platter.



6. FINISH AND PLATE

Halve snow pea sprouts and crumble feta. Slice chicken and add to platter. Sprinkle with sprouts and feta. Serve remaining dressing on the side.