



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Rozas Red Pesto


Gluten-free, no artificial preservatives, and jam-packed with almonds, chargrilled capsicum, sun-dried tomatoes, Parmesan cheese and garlic!



2 Red Pesto Chicken

Easy, breezy, beautiful — red pesto chicken! Featuring satisfying roasted root veggies, crispy pear salad and tender pesto chicken.

 30 minutes

 4 servings

 Chicken

10 August 2020

Bake it!

Instead of pan-frying the chicken, you can simply toss it with the pesto and 1-2 tbsp oil and add to the tray with the veggies. Bake for 10-15 minutes or until cooked through.

FROM YOUR BOX

BABY POTATOES	800g
BEETROOTS	2
PARSNIPS	2
CHICKEN SCHNITZELS	600g
RED PESTO	1 tub (50g)
SPRING ONIONS	1/4 bunch *
PEAR	1
DANISH FETA	1/2 block (100g) *
MESCLUN LEAVES	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, red wine vinegar, dried oregano, sugar (of choice)

KEY UTENSILS

oven tray, frypan

NOTES

For a milder dressing, chop only the green spring onion tops for the dressing, and add the white ends to the veggie tray for 5-10 minutes.

Lining the frypan makes it easier to clean, but is completely optional.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop potatoes, beetroot and parsnips. Toss on a lined oven tray with **oil**, **1 tsp dried oregano**, **salt and pepper**. Roast for 20-25 minutes or until tender.



2. MARINATE THE CHICKEN

Rub the chicken with pesto and **1 tbsp oil**. Keep aside to marinate.



3. MAKE THE DRESSING

Finely chop the spring onions (see notes) and mix with **3 tbsp olive oil**, **1 tbsp red wine vinegar**, **1/2 tsp sugar**, **salt and pepper**.



4. COOK THE CHICKEN

Line a frypan with baking paper (optional, see notes) and heat over medium heat. Add chicken (in batches if necessary) and cook for 4-6 minutes each side or until cooked through.



5. MAKE THE SALAD

Thinly slice pear and crumble the feta. Toss in a bowl with the mesclun leaves.



6. FINISH AND PLATE

Serve roasted vegetables with chicken and salad. Serve dressing on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

