



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

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, beetroots 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**

