



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Spinach


Baby spinach is regular spinach that has been harvested earlier. It is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



2 Roast Chicken Traybake with Spiced Yoghurt Dressing

A simple and wholesome veggie tray bake with sweet potatoes and spinach, served with roast chicken and a spiced yoghurt dressing, finished with a sprinkle of pepita seeds.

 35 minutes

 2 servings

 Chicken

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Spice it up!

Add some lime or lemon juice to the dressing for extra zing. Add ground turmeric or cumin seeds to the vegetables as they roast if you have some.

Per serve: **PROTEIN** 50g **TOTAL FAT** 40g **CARBOHYDRATES** 67g

FROM YOUR BOX

SWEET POTATOES	400g
ZUCCHINI	1/2 *
CHERRY TOMATOES	1 bag (200g)
CHICKEN BREAST FILLET	300g
GARLIC	1 clove
NATURAL YOGHURT	1 tub (200g)
NASI GORENG PASTE	1/3 jar *
BABY SPINACH	1/2 bag (100g) *
PEPITA SEEDS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground coriander, soy sauce (or tamari)

KEY UTENSILS

large oven tray

NOTES

Toast the pepita seeds in a dry frypan if preferred. Alternatively you can add them to the veggie tray bake for the last 5 minutes roasting time.



1. PREPARE THE VEGGIES

Set oven to 220°C.

Slice sweet potato and zucchini into rounds. Toss on a lined oven tray with tomatoes, **2 tsp ground coriander, oil, salt and pepper.**



2. ADD CHICKEN & ROAST

Cut chicken fillets in halves and coat with 1 crushed garlic clove, **1/2 tbsp soy sauce, oil and pepper.** Place on top of vegetables and roast all together for 25 minutes or until cooked through.

3. PREPARE THE DRESSING

Combine yoghurt and 1/4 cup (1/3 of the jar) nasi goreng paste together. Season with **salt** and set aside.



4. TOSS THE SPINACH

Gently toss the spinach through the roast vegetables. Slice chicken if preferred.



5. FINISH AND PLATE

Serve traybake at the table with dollops of dressing. Garnish with pepita seeds.

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**

