






Product Spotlight: Split chicken

Splitting is a way of cutting chicken. It makes it thinner and thus quicker to cook!



2 Roast Chicken with Braised Red Cabbage

This family favourite features homemade gravy, braised red cabbage, steamed green beans and free-range chicken. It takes a little longer than the other recipes this week, but BOY is it worth it!

 40 minutes  2 servings  Chicken

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Get help from little taste buds

Braised cabbage and steamed green beans might be a little daunting for little eaters. Try inviting them into the kitchen for step 3 and 4 of this recipe and get their help with taste testing and cooking. Talk about the beautiful colours and flavours, and see how you go!

FROM YOUR BOX

SPLIT CHICKEN	1/2
THYME	1/2 packet *
BABY POTATOES	400g
CARROTS	2
CHERRY TOMATOES	1/2 bag (100g) *
GREEN BEANS	1/2 bag (75g) *
SPRING ONIONS	1/4 bunch *
RED CABBAGE	1/2 bag (100g) *
CHICKEN STOCK PASTE	1/4 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, red wine vinegar, sugar, flour (of choice), soy sauce

KEY UTENSILS

oven tray, 2 saucepans

NOTES

To save time, add the beans to the baking tray and serve cabbage fresh.

If desired, add a little crushed garlic to the gravy. Or, for a richer result, replace half the water with milk or cream.



1. ROAST THE CHICKEN

Set oven to 250°C.

Place chicken on one side of a lined oven tray. Slash in 3–4 places and rub with **oil, salt, pepper** and half the thyme leaves. Place in the oven for 30–35 minutes or until golden and cooked through.



2. ROAST THE VEGETABLES

Halve or quarter potatoes, roughly chop carrots. Toss on the other half of the lined oven tray with tomatoes, **oil, salt and pepper** and roast for the remaining 20–25 minutes or until golden and tender.



3. COOK THE BEANS

Heat a saucepan with **2 tbsp water** (see notes). Trim and halve beans, add to pan and cook for 3 minutes until just tender. Drain and keep pan.



4. BRAISE THE CABBAGE

Reheat saucepan with **1/2 tbsp butter, 1/2 tbsp vinegar, 1 tbsp water and 1/2 tsp sugar**. Slice and add spring onions, followed by cabbage. Cover and simmer for 5 minutes. Stir well, then add the beans. Season with **salt and pepper**.



5. MAKE THE GRAVY

Heat another saucepan with **1 cup water** and 1 tsp stock. Add remaining thyme leaves. Mix **1 tbsp flour** with **2 tbsp water**. Whisk in stock with **1 tsp vinegar, 1 tsp soy sauce** and any juices from the chicken (see notes). Stir until thickened. Season with **salt and pepper**.



6. FINISH AND PLATE

Carve chicken and serve with roasted vegetables, cabbage braise and gravy.

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

