






### 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  4 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
THYME	1/2 packet *
BABY POTATOES	800g
DUTCH CARROTS	1 bunch
CHERRY TOMATOES	1 bag (200g)
GREEN BEANS	1/2 bag (125g) *
SPRING ONIONS	1/4 bunch *
RED CABBAGE	1/2 bag (200g) *
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

2 oven trays, 2 saucepans

## NOTES

If there's room on the oven tray with the chicken, you can add the veggies here instead of on a separate tray.

To save time, add the beans to the veggie tray and serve the 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 a lined oven tray. Slash in 3–4 places and rub with **oil, salt, pepper** and half the thyme leaves. Place in the upper part of the oven for 30–35 minutes or until golden and cooked through.



### 2. ROAST THE VEGETABLES

Halve or quarter potatoes, trim carrots. Toss on a lined oven tray (see notes) with tomatoes, **oil, salt and pepper**. Roast below the chicken for 20–25 minutes or until golden and tender.



### 3. COOK THE BEANS

Heat a saucepan with **1/4 cup 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 tbsp butter, 1 tbsp vinegar, 2 tbsp water and 1 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**

