




Product Spotlight: Walnuts


Walnuts are full of antioxidants, and research suggests they reduce the risk of some cancers, heart disease, and diabetes. Resist the urge to remove the skin because that's where 90% of the antioxidants are!



Walnut and Brie Chicken with Tray Bake Veggies

Free-range chicken breast roasted with a brie and walnut topping, served with tray-baked purple sweet potato and fresh dill tossed Brussels sprouts.

 40 minutes

 2 servings

 Chicken

Switch it up!

Instead of topping the chicken with the brie and walnuts, you can add them to the Brussels sprouts. Add chicken to tray bake with veggies to reduce the dishes.

Per serve: **PROTEIN** 47g **TOTAL FAT** 36g **CARBOHYDRATES** 39g

FROM YOUR BOX

PURPLE SWEET POTATO	400g
SHALLOT	1
CARROT	1
CHICKEN BREAST FILLET	300g
DILL	1 packet
BRUSSELS SPROUTS	200g
WALNUTS	40g
BRIE CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, red wine vinegar (see notes)

KEY UTENSILS

oven tray, oven dish

NOTES

White wine vinegar, balsamic vinegar and sherry vinegar all make a great substitute if you are out of red wine vinegar.

Use a mandolin to finely shred the Brussels sprouts if you have one.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Chop **sweet potato**. Wedge **shallot** and cut **carrot** into angular pieces. Toss on a lined oven tray with **oil, 2 tsp dried rosemary, salt and pepper**. Roast for 25 minutes until **vegetables** are tender.



2. ROAST THE CHICKEN

Halve **chicken breast** and coat in **oil, salt and pepper**. Add **chicken** to a lined oven dish. Roast for 15 minutes (see step 5).



3. MAKE THE DILL VINAIGRETTE

Finely chop **dill fronds**. Add to a large bowl along with **2 tbsp olive oil, 1 1/2 tbsp red wine vinegar, salt and pepper**. Whisk to combine.



4. SHRED BRUSSELS SPROUTS

Finely shred **Brussels sprouts** (see notes). Add to bowl with **dill vinaigrette**. Toss well to coat **sprouts**.



5. TOP THE CHICKEN

Roughly chop **walnuts** and slice **brie**. Lay slices of **brie** on **chicken** and press **walnuts** into **brie**. Roast for a further 5 minutes.



6. FINISH AND SERVE

Divide **roasted chicken** and **vegetables** among plates along with **shredded Brussels sprouts**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

