




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.

 30 minutes

 4 servings

 Chicken

Switch

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	TOTAL FAT	CARBOHYDRATE
	46g	31g	S 65g

FROM YOUR BOX

PURPLE SWEET POTATOES	800g
RED ONION	1
CARROTS	2
CHICKEN BREAST FILLETS	600g
DILL	1 packet
BRUSSELS SPROUTS	200g
WALNUTS	1 packet
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.

Cut **sweet potatoes**. Wedge **onion** and cut **carrots** into angular pieces. Toss on a lined oven tray along with **oil**, **1 tbsp rosemary**, **salt and pepper**. Roast for 25 minutes until vegetables are tender.



4. SHRED BRUSSELS SPROUTS

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



2. ROAST THE CHICKEN

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



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.



3. MAKE THE DILL VINAIGRETTE

Finely chop **dill** fronds. Add to a large bowl along with **3 tbsp olive oil**, **2 tbsp red wine vinegar**, **salt and pepper**. Whisk to combine.



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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

