

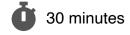




Walnut and Brie Chicken

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.





4 servings



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

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.



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).



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.



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.

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