



Product Spotlight: Ricotta

Ricotta (meaning re-cooked) is a fresh, soft Italian cheese. Instead of whole milk, ricotta is made with whey, a liquid by-product in cheese making that's usually discarded - in other words a great sustainable product!



2 Spiced Orange Chicken with Whipped Ricotta

Roast chicken marylands spiced with turmeric and cumin, alongside tender roast veggies and finished with a creamy whipped ricotta sauce.



40 minutes



4 servings



Chicken

13 July 2020

Spice it up!

Add some fennel seeds or use cumin seeds instead of ground cumin to add a little more excitement to your vegetables and chicken!

Per serve: **PROTEIN** 41g **TOTAL FAT** 52g **CARBOHYDRATES** 27g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOTS	3
RED ONION	1/2 *
ZUCCHINI	1
CHICKEN MARYLANDS	4 pack
ORANGE	1
THYME	1/2 packet *
RICOTTA CHEESE	1 tub (250g)
BRUSSELS SPROUTS	200g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, ground turmeric, ground cumin, smoked paprika

KEY UTENSILS

large oven tray or 2 oven trays, stick mixer or blender

NOTES

If your oven doesn't reach 250°C it will just take a little longer to roast. Alternatively you can cover the traybake with foil for the first 25 minutes to speed up the cooking time.

Slashing the chicken reduces the cook time as well as allows more surface area for the marinade.



1. PREPARE THE CHICKEN

Set oven to 250°C (see notes).

Trim the carrots. Wedge beetroot and onion. Dice zucchini. Toss on a lined oven tray with **oil, salt and pepper**.

Combine **1 tsp each of turmeric, cumin and smoked paprika** with **2 tbsp oil, salt and pepper** in a small bowl.



2. ROAST THE VEGETABLES

Slash chicken (see notes). Rub prepared spices over chicken and place on top of vegetables. Add orange zest to tray bake and squeeze over juice. Roast for 20 minutes (see step 4.)



3. WHIP THE RICOTTA

Remove thyme leaves to yield 1/2 tbsp. Blend together with ricotta cheese, **1 tbsp vinegar** and **2 tbsp olive oil** until smooth. Season to taste with **salt and pepper**.



4. ADD SPROUTS

Trim and cut brussels sprouts in half. Toss with **oil, salt and pepper**. Remove tray bake from oven and add sprouts. Roast for a further 10 minutes until tender or until chicken is cooked through.



5. FINISH AND PLATE

Divide vegetables and chicken among plates. Serve with whipped ricotta.

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**

