



Product Spotlight: Lemon Myrtle

Used for centuries as bush medicine and to enhance the flavour of food by Indigenous Australians, lemon myrtle has an aroma of citrus and a strong lemony flavour. Perfect in sweet and savoury dishes.



Lemon Myrtle Roast Chicken

with Green Olive Dressing

Luscious skin-on chicken breast fillet, roasted with a herbaceous lemon myrtle mix over white sweet potatoes served with a delectable green olive dressing and fresh watercress.



35 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	61g	65g

FROM YOUR BOX

WHITE SWEET POTATOES	500g
SKIN-ON CHICKEN BREAST FILLET	300g
MYRTLE HERB MIX	1 packet
GARLIC CLOVE	1
LEMON	1
OLIVES	1 jar
PARSLEY	1 packet
ZUCCHINI	1
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

oven tray

NOTES

Cut potato into wedges if desired.

Slashing the chicken helps it absorb more flavour and cook faster.

Myrtle herb mix: lemon myrtle flakes, lemon pepper, dried parsley, garlic powder, ground paprika, dried oregano.



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1. PREPARE THE SWEET POTATO

Set oven to 220°C.

Cut sweet potato into angular pieces (see notes). Toss on a lined oven tray with **oil**, **salt** and **pepper**.



2. ADD CHICKEN & ROAST

Slash chicken in 2-3 places (see notes). Coat with **oil**, myrtle herb mix and **salt**. Place on top of the potato and roast for 25-30 minutes until potatoes are tender and chicken is cooked through.



3. CRUSH THE OLIVES

Crush garlic. Zest lemon and juice 1/2 (wedge remaining). Add to a bowl as you go along with **1/4 cup olive oil**. Drain olives. Add to bowl and use potato masher to crush.



4. FINISH THE DRESSING

Roughly chop parsley including tender stems. Dice zucchini. Add to olives and toss to combine.



5. FINISH AND SERVE

Trim watercress.

Serve traybake tableside along with olive dressing, fresh watercress and lemon wedges.

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