



Product Spotlight: Persimmon


With notes of cinnamon, honey and apricot, ripe persimmons offer a complex sweetness that pairs beautifully with cheese, salads, or roasted meats. Their vibrant orange hue adds great colour to any plate.




Hazelnut Sage Roast Chicken with Persimmons

Tender chicken thighs roasted with parsnips, fennel and Brussels sprouts until golden and caramelised, finished with a fragrant sage-hazelnut honey butter sauce and sweet fresh persimmon slices.

 30 minutes

 Chicken

 2 servings

Add to it!

Crumble feta or goat cheese over the roasted vegetables just before serving for a creamy, salty contrast.

Per serve: **PROTEIN** 40g **TOTAL FAT** 29g **CARBOHYDRATES** 47g

FROM YOUR BOX

PARSNIPS	2
FENNEL BULB	1
BRUSSELS SPROUTS	200g
CHICKEN THIGH FILLETS	300g
SAGE	1 packet
HONEY	1 jar
HAZELNUTS	40g
PERSIMMON	1

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried rosemary

KEY UTENSILS

saucepan, oven tray

NOTES

To make the sauce dairy-free, substitute butter with olive oil.

Stir lemon zest or a splash of balsamic vinegar into the butter sauce for extra brightness and acidity.



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1. PREPARE THE VEGGIES

Set oven to 200°C.

Halve **parsnips** lengthways. Wedge **fennel** and halve **Brussels sprouts**. Toss on a lined oven tray with **oil, salt and pepper**.



2. ADD CHICKEN & ROAST

Coat **chicken** with **oil, 1 tsp rosemary, salt and pepper**. Add to oven tray with **veggies** and roast for 35–40 minutes or until **chicken** is cooked through and **veggies** are tender and browned.



3. PREPARE THE INGREDIENTS

Pick **sages leaves**, roughly chop **hazelnuts** and slice **persimmons**.



4. MAKE THE SAUCE

Add **2 tbsp butter** and **1 tbsp oil** to a saucepan over medium heat. Cook until **butter** starts to foam. Add **sage leaves, hazelnuts** and **honey**. Cook for 2 minutes, stirring occasionally, to infuse the flavours. Remove from heat and season with **salt and pepper** (see notes).



5. FINISH AND SERVE

Divide **roasted vegetables** and **chicken** among plates. Spoon over **sauce** to cover **veggies** and **chicken**. Serve with slices of **persimmon**.

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