



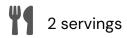


# Walnut and Brie Chicken

## 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.







# Switch it up!

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.

TOTAL FAT CARBOHYDRATES

40g

35g

#### FROM YOUR BOX

PURPLE SWEET POTATO	400g
SHALLOT	1
CARROT	1
CHICKEN BREAST FILLET	300g
DILL	1 packet
DILL	
BRUSSELS SPROUTS	200g
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BRUSSELS SPROUTS	200g

#### 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 potato. Wedge shallot and cut carrot into angular pieces. Toss on a lined oven tray along with oil, 2 tsp dried rosemary, salt and pepper. Roast for 25 minutes until vegetables are tender.



#### 2. ROAST THE CHICKEN

Halve chicken breast 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. Add to a large bowl along with 2 tbsp olive oil, 1 1/2 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 roasted vegetables among plates along with shredded Brussels sprouts.

