



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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.



35 minutes



4/6 servings



Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	17g	32g

## FROM YOUR BOX

	4 PERSON	6 PERSON
WHITE SWEET POTATOES	1kg	1.5kg
SKIN-ON CHICKEN BREAST FILLETS	600g	600g + 300g
MYRTLE HERB MIX	1 packet	1 packet
GARLIC CLOVE	1	1
LEMON	1	1
OLIVES	1 jar	1 jar
PARSLEY	1 packet	1 packet
ZUCCHINI	1	1
WATERCRESS	1 sleeve	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**.



### 4. FINISH THE DRESSING

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



### 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.



### 5. FINISH AND SERVE

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



### 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.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

