



Roast Pumpkin Salad

with Chicken

Roast butternut pumpkin with baby spinach and capsicum tossed together with tender chicken pieces.



30 minutes



2 servings



Chicken

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CHICKEN SCHNITZELS	300g
RED CAPSICUM	1
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper

NOTES

You can create a Mediterranean style salad with a balsamic vinaigrette and add pine nuts or walnuts, shaved parmesan, feta or bocconcini and fresh basil. Coat the chicken with dried oregano. Sun-dried tomatoes or marinated artichokes also go well if you have some!

For a Middle Eastern style salad, try coating the pumpkin with cumin seeds and the chicken with sumac or harissa paste. Serve with a lemon or yoghurt dressing.

You can use these ingredients to make a curry if preferred! Cook the vegetables and chicken (sliced) with a curry paste and coconut milk. A Thai red curry paste would work well!

1. ROAST THE PUMPKIN

Set oven to 250°C.

Slice or dice **pumpkin** (use to taste) and toss with **oil, salt and pepper** on a lined oven tray. Roast for 25–30 minutes or until cooked through.

TIP *You can add some cherry tomatoes, wedged red onion or beetroot to roast at the same time. We added 1 tsp cumin seeds for extra flavour.*

2. COOK THE CHICKEN

Coat **chicken** with seasoning of choice (see tip), **oil, salt and pepper**. Heat a frypan over medium–high heat and cook **chicken** for 4–5 minutes each side or until cooked through.

TIP *You can coat the chicken with a dried herb such as thyme and oregano, or use fresh chopped rosemary or lemon pepper. Ground spices such as smoked paprika, ground cumin and coriander also work well.*

3. FINISH AND SERVE

Slice **capsicum** and **chicken**. Toss together with **roast pumpkin** and **baby spinach leaves**. Serve at the table with dressing of choice.

TIP *We dressed the salad with a pre-made lemon and herb dressing. You can also add some toasted nuts, seeds or cheese if you have some. Feta, blue cheese or goats cheese can be used!*

This recipe has simplified instructions to help lower your meal cost.