



# Chicken

with Roast Beet Salad

Roast chicken breast fillet with a vibrant salad of beetroot, carrot, avocado and mesclun leaves.



35 minutes



4 servings



Chicken

## FROM YOUR BOX

BEETROOTS	4
CARROTS	3
CHICKEN BREAST FILLETS SKIN ON	600g
AVOCADO	1
MESCLUN LEAVES	60g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, vinegar (of choice)

## NOTES

You can add cheese such as feta, bocconcini or goats cheese to this salad. Olives, roast capsicum strips or marinated artichokes add a briny depth of flavour.

Transform this dish into a nourishing grain bowl and serve on top of quinoa, buckwheat or millet. Roast chickpeas, brown rice or lentils also make a delicious and filling addition to the dish.

## 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge **beetroots** and cut **carrots** into similar size angular pieces. Toss on a lined oven tray with seasoning of choice (see tip), **oil, salt and pepper**.

**TIP** *We tossed the vegetables with 3 tsp ground cumin and 1 tsp maple syrup. You can add sweet potato, pumpkin, red onion or zucchini to roast at the same time if you have some.*

## 2. ROAST THE CHICKEN AND VEGETABLES

Coat **chicken** with seasoning of choice (see tip). Place on tray with vegetables (or use a second tray if preferred) and roast all together for 20–25 minutes until chicken and vegetables are cooked through.

**TIP** *We coated the chicken with 1 tsp sumac. You can use a pre made marinade or spice mix. Harissa paste, seeded mustard or ground cumin also work well!*

## 3. PREPARE THE SALAD

Slice **avocado** and gently toss with **mesclun leaves**.

Whisk together **1 tbsp vinegar with 1 tbsp olive oil**. Season with **salt and pepper**. Set aside.

**TIP** *We used balsamic vinegar and added 2 tsp maple syrup to the dressing. You can use a pre made dressing of choice.*

## 4. FINISH AND SERVE

Gently toss roast vegetables with avocado, mesclun leaves and dressing. Slice chicken and divide among plates with salad.

**TIP** *Allow the roast vegetables to cool slightly before tossing to prevent the leaves from wilting.*

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