



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Tenderloins

with Roast Broccoli and Chickpea Salad

Golden roasted sweet potato, broccoli, and chickpeas tossed in a zesty lemon dressing, served alongside tender pan-seared chicken.



30 minutes



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	400g	800g
BROCCOLI	1	2
TINNED CHICKPEAS	400g	2 x 400g
CHICKEN TENDERLOINS	600g	600g + 300g
LEMON	1	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

NOTES

You could transform this dish into a curry if you feel like something more substantial. Simmer the sweet potato, broccoli and chicken in curry sauce of choice and serve with rice with lemon wedges.

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1. ROAST THE VEGETABLES

Set oven to 220°C. Dice **sweet potato** and cut **broccoli** into florets. Drain and pat **chickpeas** dry. Add to a lined oven tray and toss with seasoning of choice, **oil, salt and pepper**. Roast for 20–25 minutes until tender and cooked through.

TIP *We seasoned the vegetables and chickpeas with 1 tbsp smoked paprika and 1 tsp ground turmeric to compliment the lemon dressing. You can also add some red onion, cherry tomatoes, capsicum or beetroot to roast at the same time.*

2. COOK THE CHICKEN

Coat **chicken** with **lemon** zest, **oil, salt and pepper**. Heat a frypan over medium-high heat with **oil**. Cook **chicken** for 3–4 minutes each side until cooked through.

3. DRESS THE SALAD

Whisk together **juice from 1/2 lemon** (wedge remaining), **2 tbsp olive oil, salt and pepper** (see tip). Toss with **roast vegetables**.

6P – Whisk together juice from 1 lemon (wedge remaining), 3 tbsp olive oil, salt and pepper.

TIP *Add 1 tbsp honey or maple syrup for sweetness or crushed garlic for more depth. Toss in baby spinach, rocket, or mesclun leaves for extra bulk. Sprinkle with toasted pepitas or almonds for crunch.*

4. FINISH AND SERVE

Serve **chicken tenderloins** with the **roasted vegetable salad** and remaining lemon wedges.

TIP *Add a dollop of garlic yoghurt or feta cheese if you have some!*

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