



Chicken Tenderloins

with Roast Pumpkin Salad

Grilled chicken tenderloins paired with sweet, roasted butternut pumpkin, vibrant cherry tomatoes, and fresh baby spinach, all tossed in a tangy balsamic dressing.



30 minutes



4 servings



Chicken

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	200g
BABY SPINACH	1 bag
CHICKEN TENDERLOINS	600g

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar

NOTES

Cook the chicken and the pumpkin on the BBQ for an extra charred flavour. Slice the chicken and toss through the salad if preferred!

1. ROAST THE PUMPKIN

Set oven to 220°C. Dice or slice **pumpkin** and toss on a lined oven tray with seasoning of choice, **oil, salt and pepper** (see tip). Roast in oven for 20–25 minutes until golden and tender.

TIP *Spice the pumpkin with ground cumin and coriander for a warm earthy flavour. Cinnamon and nutmeg also pairs nicely with pumpkin. We added 1 tbsp Chermoula paste for a hint of spice.*

2. PREPARE THE SALAD

Whisk together **1 tbsp balsamic vinegar** with **2 tbsp olive oil, salt and pepper** in a large salad bowl. Halve **tomatoes** and add to bowl along with **spinach**.

TIP *You can use a pre-made dressing if preferred. A lemon and tahini dressing or a honey mustard dressing would work well. Add some sliced avocado, capsicum, cucumber or red onion for more bulk in the salad.*

3. COOK THE CHICKEN

Coat **chicken** with seasoning of choice, **oil, salt and pepper** (see tip). Cook in a frypan over medium-high heat for 3–5 minutes each side or until cooked through.

TIP *Season the chicken with ground cumin, coriander or smoked paprika for a warmer flavour. Dried oregano, lemon zest and garlic gives the dish a Mediterranean feel.*

4. FINISH AND SERVE

Toss roast pumpkin together with tomatoes, spinach and dressing. Serve alongside chicken tenderloins.

TIP *You can garnish the dish with toasted pine nuts, pepita seeds or feta cheese.*

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