



# Chicken Tenderloins with Roast Pumpkin Salad

⌚ 30 minutes

🍴 4/6 servings



Chicken

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

## FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
CHERRY TOMATOES	200g	2 x 200g
BABY SPINACH	1 bag	2 bags
CHICKEN TENDERLOINS	600g	600g + 300g

## 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!

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## 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.

**6P – use 1 1/2–2 pumpkins depending on size.**

**TIP**

*Spice the pumpkin with ground cumin and coriander for a warm earthy flavour.*

*Cinnamon and nutmeg also pairs nicely with pumpkin. We added 1–2 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**.

**6P – whisk together 2 tbsp balsamic vinegar with 3 tbsp olive oil, salt and pepper in a large bowl.**

**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 with **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.**