



Product Spotlight: Butternut Pumpkin

Just 1/2 cup of cooked pumpkin provides 100% RDI of vitamin A. This particular vitamin assists with healthy vision, good skin and strong bones!



2 BBQ Chicken Thighs with Roasted Pumpkin & Tomato Chutney

A quick and easy week-night dinner solution. Chicken thighs cooked in tomato chutney on the BBQ served with roasted vegetables.

 30 minutes

 2 servings

 Chicken

14 January 2022

Bulk it up!

If you are looking to get extra servings out of your ingredients, you could toss them through some cooked pasta.

Per serve: **PROTEIN** 44g **TOTAL FAT** 37g **CARBOHYDRATES** 95g

FROM YOUR BOX

| | |
|-----------------------|-------|
| BUTTERNUT PUMPKIN | 1 |
| SHALLOT | 1 |
| ZUCCHINI | 1 |
| PITTED OLIVES | 1 jar |
| CHICKEN THIGH FILLETS | 300g |
| TOMATO CHUTNEY | 1 jar |

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

oven tray, BBQ or griddle pan

NOTES

Slice vegetables and cook on the BBQ if you want to avoid turning on the oven.

Any leftover pumpkin can be roasted to add to salads or bagels for lunch. Alternatively you could use it to add to savoury muffins along with cheese and baby spinach for snacks.



1. PREPARE VEGETABLES

Set oven to 220°C (see notes).

Roughly dice pumpkin to taste. Wedge shallot and slice zucchini. Add to lined oven tray along with drained olives. Toss with **oil, 1 1/2 tbsp smoked paprika, salt and pepper**. Roast in oven for 20–25 minutes until vegetables are tender.



4. FINISH AND SERVE

Evenly divide vegetables and chicken among plates. Serve with remaining tomato chutney.



2. PREPARE THE CHICKEN

Coat chicken in **oil**, 1 tbsp chutney, **salt and pepper**.



3. COOK THE CHICKEN

Heat BBQ or griddle pan over medium-high heat with **oil**. Add chicken and cook for 6–8 minutes each side or until cooked through.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

