



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



## 2 Crunchy Chicken Tenderloins

Oven baked cornflake chicken alongside a roast pumpkin and fresh leafy salad with a lemon mustard dressing.

 30 minutes

 2 servings

 Chicken

14 December 2020

*Spice it up!*

*Add a little cayenne pepper or smoked paprika to the chicken for extra flavour. Serve with your favourite mayonnaise or relish for dipping.*

Per serve: **PROTEIN** 43g **TOTAL FAT** 18g **CARBOHYDRATES** 78g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
CORNFLAKES	1 packet (100g)
CHICKEN TENDERLOINS	300g
CONTINENTAL CUCUMBER	1/2 *
RED CAPSICUM	1/2 *
RED ONION	1/4 *
MESCLUN LEAVES	1 bag (200g)
LEMON	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

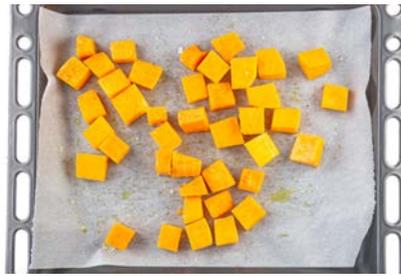
oil for cooking, olive oil, salt and pepper, dried rosemary (or herb of choice), dijon or wholegrain mustard

## KEY UTENSILS

2 oven trays

## NOTES

You can crush the cornflakes in the packet or process into a small crumb using a small food processor.



### 1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice pumpkin. Toss on a lined oven tray with **1 tsp dried rosemary, oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.



### 2. BAKE THE CHICKEN

Crush cornflakes to resemble a crumb (see notes). Coat chicken with **1/4 tsp dried rosemary, 1/2 tsp mustard, salt and pepper**. Press into cornflakes to coat. Bake on a lined oven tray for 15–20 minutes until cooked through.



### 3. PREPARE THE SALAD

Slice cucumber and capsicum. Thinly slice onion. Toss together with mesclun leaves (to taste). Set aside.



### 4. PREPARE THE DRESSING

Whisk together 1 tsp lemon zest, 1/2 the juice (wedge remaining), **1 tsp mustard** and **1 1/2 tbsp olive oil**. Season with **salt and pepper**.



### 5. TOSS THE SALAD

Toss roast pumpkin (allow to cool slightly if needed), salad and dressing together.



### 6. FINISH AND PLATE

Divide chicken tenderloins and salad among plates. Serve with lemon wedges.

**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](mailto:hello@dinnertwist.com.au)

