



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sorghum

Sorghum has a delicious nutty flavour and a slight chewiness in texture. It's loved for its rich source of protein, iron, fibre and antioxidants!



2 Rosemary Chicken Chops with Sorghum Salad

A zesty orange and sorghum salad with crunchy snow peas, mint and olives served with golden roasted chicken chops and a balsamic dressing.



35 minutes



2 servings



Chicken

26 October 2020

Spice it up!

If you don't have ground cinnamon you could coat the chicken with some orange zest and crushed garlic as well as the rosemary.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	73g	34g	46g

FROM YOUR BOX

CHICKEN CHOPS	2 pack
ROSEMARY SPRIG	1
RED ONION	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
SORGHUM	1 packet (100g)
ORANGE	1
SNOW PEAS	1/2 bag (75g) *
MINT	1/3 bunch *
SLICED OLIVES	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, saucepan

NOTES

Slashing the chicken will speed up the cook time as well as allow more of the marinade to cover.



1. PREPARE THE CHICKEN

Set oven to 220°C.

Slash chicken to the bone and place on a lined oven tray. Finely chop rosemary leaves and rub over chicken along with **1/4 tsp cinnamon, oil, salt and pepper**.



2. ADD VEGGIES & ROAST

Wedge onion and halve tomatoes. Add to oven tray with chicken. Drizzle with **oil, salt and pepper**. Roast in oven for 20–25 minutes or until chicken is cooked through.



3. COOK THE SORGHUM

Place sorghum in saucepan and cover with water. Bring to the boil and simmer for 20–25 minutes. Drain and rinse under cold water. Set aside.



4. PREPARE THE DRESSING

Zest orange to yield 1 tsp. Whisk together with **1 tbsp balsamic vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**.



5. TOSS THE SALAD

Peel and dice orange. Trim and slice snow peas. Slice mint leaves. Toss with drained olives, sorghum, roast veggies and dressing.



6. FINISH AND PLATE

Divide sorghum salad and roast chicken among plates.

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**

