



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Rosemary


The smell of rosemary is often associated with good food & good times, as well as good health, as it can stimulate the immune system, increase circulation & improve digestion.



## 2 Rosemary Chicken with Apple and Walnut Salad

Fresh herbaceous rosemary coated chicken breast, served over a salad of warm toasted walnuts, apple, and sprouts, finished with a dressing of garlic aioli.

 35 mins

 2 servings

 Chicken

14 May 2021

### Switch it up!

*A little bit of shaved parmesan over the top, or tossed through this salad would make a great addition and give it a caesar salad feel.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 36g **CARBOHYDRATES** 27g

## FROM YOUR BOX

ROSEMARY	1 sprig
CHICKEN BREAST	300g
WALNUTS	40g
BRUSSELS SPROUTS	250g
BRAVO APPLE	1
BABY COS LETTUCE	1*
CELERY STICK	1
GARLIC AIOLI	50g
TRIO OF SPROUTS	2/3 punnet*

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt and pepper

## KEY UTENSILS

2 large frypans

## NOTES

Slice chicken breast in half lengthways to speed up your cooking time.

To get the most consistent result, nuts can be toasted in the oven at 180°C for 8-12 minutes.



### 1. COOK THE CHICKEN

Remove rosemary from stalk, roughly chop. Coat chicken in **oil**, rosemary, **salt and pepper**. Heat a frypan over medium-high heat. Cook chicken for 10-15 minutes each side or until cooked through (see notes).



### 2. TOAST WALNUTS

Heat a second frypan over medium-high heat. Toast walnuts for 4-6 minutes, until just taking on colour (see notes).



### 3. PREPARE VEGETABLES

Reheat second frypan over medium-high heat with **oil or butter**. Slice Brussels sprouts in half, add to pan as you go. Cook for 3-5 minutes, season with **salt and pepper**.



### 4. CUT FRESH INGREDIENTS

Cut the apple in thin slices, slice lettuce and celery, add chickpea and alfalfa sprouts.



### 5. TOSS SALAD

Add all vegetables to a bowl. Toss with garlic aioli, **salt and pepper**.



### 6. FINISH AND PLATE

Slice the chicken breast. Divide salad evenly among plates, top with toasted walnuts and sliced chicken.

**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**

