



Product Spotlight: Lemon

Lemons are a good source of vitamin C, magnesium and potassium - minerals and antioxidants that give you better hair, skin and stronger nails!



2 Tarragon Chicken with Roast Lemon Dressing

Chicken Marylands with lemon zest and tarragon paired with roast butternut pumpkin and a creamy goats cheese dressed kale salad.

 45 minutes

 2 servings

 Chicken

31 August 2020

Spice it up!

Roast some garlic cloves in the oven at the same time as the vegetables, squeeze out the bulbs and combine with the dressing!

Per serve: **PROTEIN** 40g **TOTAL FAT** 33g **CARBOHYDRATES** 44g

FROM YOUR BOX

CHICKEN MARYLANDS	2 pack
LEMON	1
CARROT	1
BUTTERNUT PUMPKIN	1/2 *
KALE	1/2 bunch *
GOATS CHEESE	1/2 packet *
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried tarragon, white wine vinegar

KEY UTENSILS

2 oven trays

NOTES

If your oven doesn't reach 250°C you can roast the chicken and vegetables at 220°C instead. Allow more time for the chicken to cook.



1. ROAST THE CHICKEN

Set oven to 250°C (see notes).

Slash the chicken and coat with lemon zest, **1 tsp tarragon, oil, salt and pepper**. Cut lemon in half and roast on a lined oven tray along with chicken for 25–30 minutes or until cooked through (see step 4).



2. ROAST THE VEGETABLES

Cut carrot into angular pieces and slice pumpkin. Toss on a lined oven tray with **olive oil, salt and pepper**. Roast in oven for 15–20 minutes.



3. MAKE THE KALE SALAD

Thinly slice kale leaves and place in a large salad bowl. Crumble in goats cheese and add **1 tsp olive oil**. Use hands to scrunch leaves until they are coated and tender. Slice cucumber and toss through along with alfalfa sprouts.



4. PREPARE THE DRESSING

Squeeze juice from roast lemon halves into a small bowl. Whisk together with **1 tbsp vinegar, 2 tbsp olive oil, salt and pepper**.



5. FINISH AND PLATE

Divide roast vegetables, chicken and kale salad among plates. Serve with roast lemon dressing.

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

