



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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 butternut 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**

