



Product Spotlight: Dried Figs

The early Olympic athletes used figs as fuel to help them train. Figs were also presented as laurels to the winning athletes becoming the first Olympic 'medal'.



2 Roasted Chicken with Green Bean Fig and Feta Salad

Chicken breast and carrots roasted in dried sage, served with a salad of green beans, dried fig, mint and feta.

 35 minutes

 2 servings

 Chicken

24 December 2021

Roast it up!

You can add any vegetables to the roasting tray, such as potatoes, pumpkin, sweet potato and garlic bulbs. Just add extra seasoning and roast until tender.

Per serve: **PROTEIN** 53g **TOTAL FAT** 39g **CARBOHYDRATES** 29g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
CHICKEN BREAST FILLET	300g
GREEN BEANS	1 bag (150g)
DRIED FIG+SUNFLOWER SEEDS	1 packet (50g)
MINT	1 packet (60g)
FETA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried sage, vinegar of choice

KEY UTENSILS

oven tray, saucepan

NOTES

We used white wine vinegar, but you could use apple cider, balsamic or red wine if you have it on hand.



1. ROAST THE CHICKEN

Set oven to 220°C. Bring a saucepan of water to the boil.

Trim dutch carrots. Place on a lined oven tray with chicken. Slash chicken in 3-4 places. Coat in **oil, 3 tsp dried sage, salt and pepper**. Roast for 25-30 minutes until chicken is cooked through.



4. PREPARE THE SALAD

Roughly chop dried figs and mint leaves. Add to a bowl with blanched green beans and dressing along with seeds. Toss until well combined.



2. MAKE THE DRESSING

In a bowl whisk together **2 tbsp olive oil, 1 tbsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Slice chicken breast. Serve on plates with carrots and salad. Crumble feta over salad.



3. BLANCH GREEN BEANS

Trim and halve green beans. Add to boiling water and blanch for 1-2 minutes. Drain and rinse with cold water.

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

