



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



2 Crunchy Chicken Tenderloins

Oven baked cornflake chicken alongside a roast pumpkin and fresh leafy salad with a lemon mustard dressing.

 30 minutes

 2 servings

 Chicken

14 December 2020

Spice it up!

Add a little cayenne pepper or smoked paprika to the chicken for extra flavour. Serve with your favourite mayonnaise or relish for dipping.

Per serve: **PROTEIN** 43g **TOTAL FAT** 18g **CARBOHYDRATES** 78g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
CORNFLAKES	1 packet (100g)
CHICKEN TENDERLOINS	300g
CONTINENTAL CUCUMBER	1/2 *
RED CAPSICUM	1/2 *
RED ONION	1/4 *
MESCLUN LEAVES	1 bag (200g)
LEMON	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

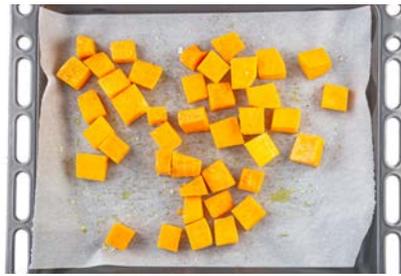
oil for cooking, olive oil, salt and pepper, dried rosemary (or herb of choice), dijon or wholegrain mustard

KEY UTENSILS

2 oven trays

NOTES

You can crush the cornflakes in the packet or process into a small crumb using a small food processor.



1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice pumpkin. Toss on a lined oven tray with **1 tsp dried rosemary, oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.



2. BAKE THE CHICKEN

Crush cornflakes to resemble a crumb (see notes). Coat chicken with **1/4 tsp dried rosemary, 1/2 tsp mustard, salt and pepper**. Press into cornflakes to coat. Bake on a lined oven tray for 15–20 minutes until cooked through.



3. PREPARE THE SALAD

Slice cucumber and capsicum. Thinly slice onion. Toss together with mesclun leaves (to taste). Set aside.



4. PREPARE THE DRESSING

Whisk together 1 tsp lemon zest, 1/2 the juice (wedge remaining), **1 tsp mustard** and **1 1/2 tbsp olive oil**. Season with **salt and pepper**.



5. TOSS THE SALAD

Toss roast pumpkin (allow to cool slightly if needed), salad and dressing together.



6. FINISH AND PLATE

Divide chicken tenderloins and salad among plates. Serve with lemon wedges.

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**

