




Product Spotlight: Carrot


Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children, plays a significant role in building immunity and also has anti-ageing properties.



2 Cumin Chicken with Roast Carrot Salad

Cumin spiced chicken thighs served with an autumnal salad of roasted carrots and pears, rocket, toasted hemp seeds and pepitas, topped with labanneh cheese.

 30 mins

 2 servings

 Chicken

30 April 2021

Fast Food!

If you are looking to get something on the table as fast as possible, you can skip roasting the carrots and pears. Just chop them up and toss them through the other salad ingredients.

Per serve: **PROTEIN** 42g **TOTAL FAT** 33g **CARBOHYDRATES** 34g

FROM YOUR BOX

CARROTS	2
PEAR	1
SNOW PEAS	150g
CELERY STICK	1
CORIANDER	1/2 bunch *
ROCKET	1/2 packet (60g) *
HEMP SEED MIX	1 packet
CHICKEN THIGHS	300g
LABANNEH	1/2 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, ground coriander, vinegar of choice, ground cumin

KEY UTENSILS

large frypan, oven tray

NOTES

There is no need to add oil to the pan when toasting seeds.



1. ROAST CARROTS

Set oven to 220°C.

Cut carrots into angular pieces, wedge pear. Toss on a lined oven tray with **oil**, **1 tsp ground coriander**, **salt and pepper**. Roast for 15–20 minutes until tender.



2. MAKE DRESSING

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



3. PREPARE SALAD

Trim and slice snow peas, finely chop celery and coriander. Add to bowl with rocket.



4. TOAST SEEDS

Heat a frypan over medium–high heat (see notes). Add in seeds and cook for 3–4 minutes until lightly golden.



5. COOK CHICKEN

Reheat frypan over medium–high heat. Coat chicken in **oil**, **1 tsp cumin**, **salt and pepper**. Cook for 5–8 minutes on each side.



6. FINISH AND PLATE

Toss roast vegetables with salad, dressing and seeds and divide evenly among shallow bowls. Top with chicken and spoon over labanneh cheese.

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**

