



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Oceanic Seasoning

A fragrant blend of lemon myrtle, desert lime powder, Tasmanian kelp, sesame seeds & ground coriander from GH Produce. Also works in guacamole or as a seasoning for Japanese-style dishes like a poké bowl!



4 Oceanic Seasoned Split Chicken

Free range split chicken coated in Oceanic seasoning containing Tasmanian Kelp, Lemon Myrtle and Desert Lime, served with roasted purple and orange carrots, broccolini, red onion and a feta cheese dressing.

 45 mins

 2 servings

 Chicken

9 April 2021

Spice it up!

*Once it's roasted and on the plate,
a squeeze of fresh lemon juice over
the chicken would be delicious.*

Per serve: **PROTEIN** 51g **TOTAL FAT** 65g **CARBOHYDRATES** 21g

FROM YOUR BOX

SPLIT CHICKEN	1/2
OCEANIC SEASONING	1 tbsp
ORANGE CARROTS	2
PURPLE CARROT	1
FETA CHEESE	1/2 packet *
BROCCOLINI	1 bunch
RED ONION	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano, white wine vinegar

KEY UTENSILS

2 oven trays, griddle pan, stick mixer or blender

NOTES

Any left over Oceanic Seasoning can be used on grilled fish, in a poké bowl, or even on avocado and green vegetables.

If your oven tray for the chicken is large enough, add the vegetables on to that instead of using two trays.

If you don't have a griddle pan, vegetables can be cooked on a bbq, in a normal frypan for the same amount of time, or even on a tray in the oven for 5-8 minutes.



1. ROAST THE CHICKEN

Set oven to 250°C and line an oven tray. Slash chicken in 6 or 8 places, coat with **2 tbsp oil** and 2 tbsp Oceanic Seasoning (see notes). Roast on top shelf for 35 minutes or until chicken is cooked through.



2. ROAST THE CARROTS

Cut carrots into rough angular pieces. Toss on a lined oven tray (see notes) with **1 tbsp oil, 1 tsp dried oregano, salt and pepper**. Roast for 20 minutes or until golden and cooked through.



3. PREPARE DRESSING

Blend feta, **1 tsp dried oregano, 2 tbsp water** and **1/2 tsp white wine vinegar** until it reaches a smooth consistency.



4. GRILL VEGETABLES

Trim broccolini and wedge onion. Coat with **1 tbsp oil, salt and pepper**. Heat a griddle pan over medium-high heat and cook vegetables for 4-5 minutes (see notes.)



5. FINISH AND PLATE

Divide chicken and vegetables evenly among plates. Drizzle dressing over vegetables.

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

