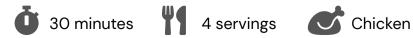


Product Spotlight: Butternut Pumpkin

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!

Crunchy Chicken Tenderloins 2

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







14 December 2020



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

12g

TOTAL FAT CARBOHYDRATES

44g

Per serve:

PROTEIN

39g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
CARROTS	2
CORNFLAKES	1 packet (100g)
CHICKEN TENDERLOINS	600g
CONTINENTAL CUCUMBER	1/2 *
CHERRY TOMATOES	1 bag (200g)
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

Halve the pumpkin lengthways so that you have even amounts in both recipes that use pumpkin.

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 and carrots. 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 **1/2 tsp dried rosemary**, **1 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, halve tomatoes and thinly slice onion. Toss together with mesclun leaves. Set aside.



4. PREPARE THE DRESSING

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



5. TOSS THE SALAD

Toss roast vegetables (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.

