



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cauliflower


Cauliflower is actually part of the cabbage family! Store refrigerated and unwashed until time to cook.



2 Roast Marylands with Cauliflower Mash

Chicken marylands in a homemade spice rub, roasted with vegetables and served with cauliflower mash.

 35 mins

 4 servings

 Chicken

9 July 2021

Bulk it out!

If you have some loose potatoes lying around in the cupboard, boil with the cauliflower, drain when tender. Add some milk, butter, cheese and/or herbs to your mash. For a smoother texture you can puree the boiled cauliflower with a stick mixer.

Per serve: **PROTEIN** 93g **TOTAL FAT** 12g **CARBOHYDRATES** 81g

FROM YOUR BOX

ROSEMARY	2 sprigs
CHICKEN MARYLANDS	4 pack
FENNEL	1
CAULIFLOWER	1
YOGHURT	1/2 tub *
SILVERBEET	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika, ground coriander

KEY UTENSILS

2 oven trays, saucepan, frypan

NOTES

If you have extra time up your sleeves, you can slice the fennel then place it under the chicken on the same roasting tray, this way they will soak up all the cooking juices from the meat.

Add some lemon pepper to your silverbeet for some extra flavour.



1. MAKE A SPICE RUB

Set oven to 250°C.

Remove the rosemary leaves from the stalk and finely chop to yield 1 tbsp. Add to a bowl and mix with **1 tbsp smoked paprika, 1/2 tbsp coriander, salt and pepper.**



2. ROAST THE CHICKEN

Slash the chicken in 3 to 4 different places. Coat in **oil** and 3/4 spice rub. Place the chicken on a lined oven tray (see notes) and roast on the top shelf of your oven for 25-30 minutes until cooked through.



3. PREPARE FENNEL

Slice the fennel (reserve fronds for garnish). Add to a lined oven tray and toss in **oil** and remainder of spice rub. Roast for 15-20 minutes.



4. MAKE THE MASH

Roughly chop cauliflower, add to a saucepan. Cover with water, bring to a boil. Cook for 10-12 minutes until cauliflower is soft. Drain and return to saucepan. Mash to desired consistency. Stir through yoghurt, season with **salt and pepper.**



5. COOK SILVERBEET

Heat a frypan over medium-high heat with **oil**. Slice silverbeet and toss in pan with **salt and pepper** (see notes). Cook for 2-3 minutes until wilted.



6. FINISH AND PLATE

Spoon even amounts of mash among bowls, top with vegetables and roasted chicken, garnish with reserved fennel fronds.

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