



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Rosemary


The smell of rosemary is often associated with good food & good times, as well as good health, as it can stimulate the immune system, increase circulation & improve digestion.



2 Rosemary Chicken With Apple and Walnut Salad

Fresh herbaceous rosemary coated chicken breast, served over a salad of warm toasted walnuts, apple, and sprouts, finished with a dressing of garlic aioli.

 35 mins

 4 servings

 Chicken

14 May 2021

Switch it up!

A little bit of shaved parmesan over the top, or tossed through this salad would make a great addition and give it a caesar salad feel.

Per serve: **PROTEIN** 41g **TOTAL FAT** 29g **CARBOHYDRATES** 24g

FROM YOUR BOX

ROSEMARY	2 sprigs
CHICKEN BREAST	600g
WALNUTS	40g
BRUSSELS SPROUTS	500g
BRAVO APPLES	2
GEM LETTUCE	2 *
CELERY STICKS	2
TRIO OF SPROUTS	2/3 punnet *
GARLIC AIOLI	100g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper

KEY UTENSILS

2 large frypans

NOTES

Slice chicken breast in half lengthways to speed up your cooking time.

To get the most consistent result, nuts can be toasted in the oven at 180°C for 8-12 minutes.



1. COOK THE CHICKEN

Remove rosemary from stalk, roughly chop. Coat chicken in **oil**, rosemary, **salt and pepper**. Heat a frypan over medium-high heat. Cook chicken for 10-15 minutes each side or until cooked through (see notes).



2. TOAST WALNUTS

Heat a second frypan over medium-high heat. Toast walnuts for 4-6 minutes, until just taking on colour (see notes).



3. PREPARE VEGETABLES

Reheat second frypan over medium-high heat with **oil or butter**. Slice Brussels sprouts in half, add to pan as you go. Cook for 3-5 minutes, season with **salt and pepper**.



4. CUT FRESH INGREDIENTS

Cut the apples in thin slices, slice lettuce and celery, add the chickpea and alfalfa sprouts.



5. TOSS SALAD

Add all vegetables to a bowl. Toss with garlic aioli, **salt and pepper**.



6. FINISH AND PLATE

Slice the chicken breast. Divide salad evenly among plates, top with toasted walnuts and sliced chicken.

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**

