




### Product Spotlight: Sorghum

Sorghum has a delicious nutty flavour and a slight chewiness in texture. It's loved for its rich source of protein, iron, fibre and antioxidants!



## 2 Rosemary Chicken Chops with Sorghum Salad

A zesty orange and sorghum salad with crunchy snow peas, mint and olives served with golden roasted chicken chops and a balsamic dressing.

 40 minutes

 4 servings

 Chicken

26 October 2020

### *Spice it up!*

*If you don't have ground cinnamon you could coat the chicken with some orange zest and crushed garlic as well as the rosemary.*

Per serve: **PROTEIN** 72g **TOTAL FAT** 27g **CARBOHYDRATES** 43g

## FROM YOUR BOX

CHICKEN CHOPS	4 pack
ROSEMARY SPRIG	1
RED ONION	1
CHERRY TOMATOES	1/2 bag (200g) *
SORGHUM	1 packet (200g)
ORANGE	1
SNOW PEAS	1/2 bag (125g) *
MINT	1/3 bunch *
SLICED OLIVES	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, ground cinnamon

## KEY UTENSILS

oven tray, saucepan

## NOTES

Slashing the chicken will speed up the cook time as well as allow more of the marinade to cover.



### 1. PREPARE THE CHICKEN

Set oven to 220°C.

Slash chicken to the bone and place on a lined oven tray. Finely chop rosemary leaves and rub over chicken along with **1/2 tsp cinnamon, oil, salt and pepper.**



### 2. ADD VEGGIES & ROAST

Wedge onion and halve tomatoes. Add to oven tray with chicken. Drizzle with **oil, salt and pepper.** Roast in oven for 20–25 minutes or until chicken is cooked through.



### 3. COOK THE SORGHUM

Place sorghum in saucepan and cover with water. Bring to the boil and simmer for 20–25 minutes. Drain and rinse under cold water. Set aside.



### 4. PREPARE THE DRESSING

Zest orange to yield 2 tsp. Whisk together with **2 tbsp balsamic vinegar** and **3 tbsp olive oil.** Season with **salt and pepper.**



### 5. TOSS THE SALAD

Peel and dice orange. Trim and slice snow peas. Slice mint leaves. Toss with drained olives, sorghum, roast veggies and 1/2 the dressing.



### 6. FINISH AND PLATE

Divide sorghum salad and roast chicken among plates. Spoon over remaining dressing to taste.

**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**

