



### Product Spotlight: Butternut Pumpkin

Just 1/2 cup of cooked pumpkin provides 100% RDI of vitamin A. This particular vitamin assists with healthy vision, good skin and strong bones!



## 2 BBQ Chicken Thighs with Roasted Pumpkin & Tomato Chutney

A quick and easy week-night dinner solution. Chicken thighs cooked in tomato chutney on the BBQ served with roasted vegetables.

 30 minutes

 4 servings

 Chicken

14 January 2022

## Bulk it up!

*If you are looking to get extra servings out of your ingredients, you could toss them through some cooked pasta.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 23g **CARBOHYDRATES** 46g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
ZUCCHINI	1
PITTED OLIVES	1 jar
CHICKEN THIGH FILLETS	600g
TOMATO CHUTNEY	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

## KEY UTENSILS

oven tray, BBQ or griddle pan

## NOTES

Slice vegetables and cook on the BBQ if you want to avoid turning on the oven.

Feel free to peel the pumpkin if you prefer. When roasting we like leaving the peel for extra nutrients, flavour and texture.



### 1. PREPARE VEGETABLES

Set oven to 220°C (see notes).

Roughly dice pumpkin. Wedge red onion and slice zucchini. Add to lined oven tray along with drained olives. Toss with **oil**, **2 tbsp smoked paprika**, **salt and pepper**. Roast in oven for 20–25 minutes until vegetables are tender.



### 4. FINISH AND SERVE

Evenly divide vegetables and chicken among plates. Serve with remaining tomato chutney.



### 2. PREPARE THE CHICKEN

Coat chicken in **oil**, 2 tbsp chutney, **salt and pepper**.



### 3. COOK THE CHICKEN

Heat BBQ or griddle pan over medium-high heat with **oil**. Add chicken and cook for 6–8 minutes each side or until cooked through.

**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](mailto:hello@dinnertwist.com.au)

