



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Pecans

Pecan trees typically grow between 20-40 metres tall and can bear fruit for up to 300 years!



## 2 Roasted Chicken Breast with Black Rice Stuffing Salad

A recipe inspired by a stuffed roast chicken, black rice is tossed with cooked vegetables, fresh rocket and a honey mustard dressing.

 35 minutes

 4 servings

 Chicken

19 November 2021

## Save it!

*Save this recipe for the next time you are making a whole roast chicken. Stuff the chicken with the black rice salad (minus the rocket) and roast using your preferred method.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 29g **CARBOHYDRATES** 86g

## FROM YOUR BOX

BLACK RICE	1 packet (300g)
SWEET POTATO	1 medium
CHICKEN BREAST FILLETS	600g
BROWN ONION	1/2 *
CELERY STICKS	2
CRANBERRY + PECAN MIX	1 packet (100g)
ROCKET LEAVES	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, mustard of choice, maple syrup, dried sage, balsamic vinegar

## KEY UTENSILS

frypan, saucepan, oven tray

## NOTES

We used dijon mustard but seeded would work well too.

If you don't have dried sage you can use fresh sage, fresh rosemary, dried thyme or dried rosemary instead.



### 1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with water.



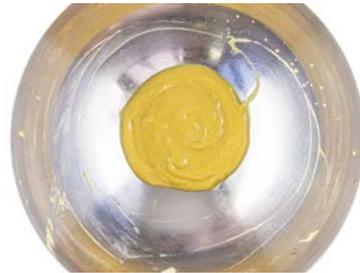
### 2. COOK THE CHICKEN

Dice sweet potato. Slash chicken in 2–3 places. Place on a lined oven tray. Coat in **oil, 1 tbsp sage, salt and pepper**. Roast for 20–25 minutes or until chicken is cooked through.



### 3. SAUTÉ THE AROMATICS

Heat a frypan over medium–high heat with **oil**. Slice onion and celery. Add to pan as you go. Sauté for 4–5 minutes until vegetables are softened.



### 4. MAKE THE DRESSING

In a large bowl whisk together **1/4 cup olive oil, 2 tbsp mustard, 3 tsp vinegar** and **1/2 tbsp maple syrup**.



### 5. TOSS THE RICE

Roughly chop cranberries and pecans. Add to bowl along with rice, sweet potato, sautéed vegetables and rocket leaves. Toss until well coated. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Slice chicken breasts. Divide rice among plates and top with sliced chicken breast.

**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**

