



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Spiced Chicken and Warm Rice Salad

Roasted spiced chicken and sweet potato, tossed with
dressed brown rice, kale and avocado.



35 minutes



Chicken



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
SWEET POTATO	400g	600g
DICED CHICKEN BREAST	600g	600g + 300g
KALE	4 leaves	6 leaves
AVOCADOS	2	2

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, honey (optional), red wine vinegar

NOTES

Change up the flavours! Use some soy sauce, crushed garlic and ground cumin to flavour the sweet potato and chicken. Add some grated ginger to the dressing for an Asian inspired salad dressing.

Scrunching the kale with soften the leaves.

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1. COOK THE RICE

Set oven to 220°C.

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

2. ROAST THE CHICKEN AND SWEET POTATO

Meanwhile, dice **sweet potato** (2cm). Toss onto a lined oven tray with **diced chicken, 2 tbsp cumin, oil, salt and pepper** (see notes). Roast for 20–25 minutes, turning halfway, until sweet **potato** is tender and **chicken** cooked through.

6P – use 3 tbsp ground cumin.

TIP

Use cumin seeds instead of ground cumin, add smoked paprika for extra depth of flavour, or swap in a pre-made spice blend of choice. Add cherry tomatoes, capsicum or red onion to bulk up the salad.

3. PREPARE THE SALAD INGREDIENTS

Whisk together **1 tbsp honey** (optional), **2 tbsp red wine vinegar** and **1/4 cup olive oil** (see tip), **salt and pepper**.

Tear or slice **kale leaves**. Drizzle with **1 tbsp dressing** and use hands to scrunch **leaves** well (see notes). Dice **avocados**.

6P – use 3 tbsp ground cumin.

TIP

Add crushed garlic or dried chilli flakes to dressing for extra flavour. Use lemon or lime juice instead of vinegar if preferred.

4. FINISH AND SERVE

Toss cooked **brown rice, roast sweet potato, chicken, kale, avocado** and **dressing** together. Season to taste with **salt and pepper**.

TIP

Top with nuts, seeds or crumbled feta if desired.

This recipe has simplified instructions to help lower your meal cost.