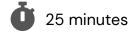






# **Nectarine Summer Salad** with Chicken

Summery salad with nectarines, pumpkin, capsicum strips and walnuts. Served with mildly spiced chicken.







# Cooking for little kids?

Separate the salad components, dressing and chicken to allow everyone to make their own salad bowl. If you have a little extra time you can thread chicken onto skewers and barbecue!

# FROM YOUR BOX

DICED PUMPKIN 🍄	1 bag (300g)
PEARL COUSCOUS	1 packet (125g)
DICED CHICKEN BREAST FILLET	300g
LEMON	1
SPRING ONION	1
NECTARINE	1
CAPSICUM STRIPS	1 tub
WALNUTS	1 packet (40g)
BABY BEET & LEAVES	1/2 bag (90g) *
DICED PUMPKIN	2 bags (2 x 300g)
GREEN BEANS	I packet (150g)

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, dried oregano, smoked/ground paprika, honey/sugar

#### **KEY UTENSILS**

oven tray, frypan, saucepan

#### **NOTES**

Add 1/2 tsp seeded mustard to dressing for extra flavour!

No gluten option - pearl couscous is replaced with sorghum. Cook in a saucepan of boiling water for 20 minutes or until tender. Drain and rinse.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



#### 1. ROAST THE PUMPKIN

Set oven to 220°C and bring a saucepan of water to the boil (for the couscous).

Toss pumpkin with **oil and salt** on a lined oven tray. Roast for 15-20 minutes or until golden and tender.

VEG OPTION - Toss pumpkin with 2 tsp oregano, 2 tsp paprika, oil, salt and pepper. Roast in oven as above.



## 2. COOK THE COUSCOUS

Add couscous to the boiling water and cook for 8 minutes or until tender and cooked all dente. Drain and rinse.

VEG OPTION - Trim and chop green beans, add to pearl couscous for the last 3 minutes of cooking.



#### 3. SEASON & COOK CHICKEN

Heat a frypan with 1 tbsp oil over mediumhigh heat. Add chicken and season with 1/2 tsp oregano, 1/2 tsp paprika, salt and pepper. Cook for 6-8 minutes or until golden and cooked through.



# 4. MAKE THE DRESSING

In the meantime, combine juice from 1/2 lemon with 2 tbsp olive oil, 1/2 tsp honey/sugar, salt and pepper in a large serving bowl. Slice and add spring onion (see notes).



# 5. TOSS THE SALAD

Wedge nectarines and drain capsicum strips. Add to dressing bowl along with walnuts, couscous, pumpkin and mixed leaves. Toss to combine.



### 6. FINISH AND SERVE

Serve chicken over nectarine couscous salad.

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



