

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Walnuts

Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



## 3 Rosemary Chicken & Balsamic Pumpkin Salad

A delicious warm salad of caramelised roast pumpkin, cherry tomatoes, rosemary chicken, feta cheese, and walnuts finished with a sweet balsamic glaze.

 25 minutes

 2 servings




 Chicken

8 October 2021

## Switch it up!

*If you don't feel like a salad you can toss the cooked chicken and vegetables with pasta instead. Stir through the spinach until wilted and finish with feta cheese.*

## FROM YOUR BOX

RED ONION	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
DICED PUMPKIN	400g
BALSAMIC GLAZE	3 tbsp *
CHICKEN BREAST FILLETS 	300g
WALNUTS	1 packet (40g)
BABY SPINACH	1 bag (60g)
FETA CHEESE	1/2 packet (100g) *
 TINNED CHICKPEAS	400g
 COOKED BEETROOTS	1 packet

\*Ingredient also used in another recipe

## FROM YOUR PANTRY


oil for cooking, salt, pepper, dried rosemary

## KEY UTENSILS

large frypan, small frypan (optional), oven tray

## NOTES

To use less dishes you can add the walnuts to the oven tray for the last 5 minutes instead of toasting in a frypan. Alternatively you can leave them raw.


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



### 1. ROAST THE VEGETABLES

Set oven to 220°C.


Slice onion and halve tomatoes. Toss on a lined oven tray with diced pumpkin, 1/2 tbsp balsamic glaze, **oil, salt and pepper**. Roast for 20 minutes or until cooked through.

 **VEG OPTION** - Set oven to 220°C. Drain chickpeas and pat dry. Wedge beetroots. Roast with prepared vegetables as above.



### 4. FINISH AND SERVE

Toss roast vegetables with spinach on a serving plate. Slice and add chicken. Finish with crumbled feta cheese, walnuts and balsamic glaze to taste.

 **VEG OPTION** - Toss vegetables and chickpeas with spinach on a serving plate. Finish with crumbled feta cheese, walnuts and balsamic glaze to taste.



### 2. COOK THE CHICKEN

Heat a frypan over medium-high heat. Slash chicken (skin side) and coat with **1/2 tsp dried rosemary, oil, salt and pepper**. Cook for 8-10 minutes each side or until cooked through.

 **VEG OPTION** - Skip this step.



### 3. TOAST NUTS (OPTIONAL)

Roughly chop walnuts. Add to a dry frypan over medium-high heat and toast for 2-3 minutes until golden (see notes). Remove and set aside.

 **VEG OPTION** - Toast walnuts as above.

**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)

