



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.



1 Nectarine Summer Salad with Chicken

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

 25 minutes

 2 servings





 Chicken

16 November 2020

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	1 packet (150g)

*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 al 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 medium-high 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**

