



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Urban Forager


Urban Forager stock concentrates use 100% Australian ingredients, are locally produced here in WA and are made with real ingredients!



M4 Classic Roast Chicken Dinner

Roast tarragon chicken breast fillets and root vegetable medley served with a simple onion gravy and broccoli.

 35 minutes

 4 servings

 Chicken

15 April - 6 May 2022

Different Flavours

You can use a fresh herb like chopped rosemary, oregano or thyme on the chicken or in the gravy if you have some. Add some lemon zest or garlic as well.

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BETROOTS	3
MEDIUM POTATOES	3
CHICKEN BREAST FILLETS	600g
BROWN ONION	1
STOCK PASTE	1 jar
BROCCOLI	1

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon (or other herb of choice), cornflour

KEY UTENSILS

2 oven trays, frypan

NOTES

Due to broccolini not being available, we have supplied broccoli for this recipe instead. You can add to tray to roast for the last 10 minutes if you prefer!



1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and scrub carrots. Wedge beetroots and potatoes into even size pieces. Toss all on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



2. ROAST THE CHICKEN

Slash chicken and coat with **1–2 tsp tarragon, oil, salt and pepper**. Place on a second lined oven tray and roast for 15–20 minutes or until cooked through.



3. COOK THE ONION

Slice onion. Add to a frypan with **2 tbsp oil or butter**. Cook over medium heat for 5 minutes or until softened. Stir in **2 tsp tarragon** and 1/2 jar of stock.



4. FINISH THE GRAVY

Mix **3 tsp cornflour with 1 cup water**. Add to frypan with onion and simmer, stirring, for 3–4 minutes until thickened. Adjust seasoning with **pepper** to taste. Transfer to a serving bowl.



5. COOK THE BROCCOLI

Wipe frypan clean and place over medium/high heat. Cut broccoli (see notes) and add to pan with **1/4 cup water**. Cover and cook for 3–5 minutes or until tender.



5. FINISH AND SERVE

Slice chicken (you can add any resting sauces to the gravy!). Serve with roasted vegetables, broccoli and onion gravy at the table.

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**

