




Product Spotlight: Pine nuts


Crunchy and buttery in texture, pine nuts are a good source of nutrients, essential minerals, vitamins and heart-friendly monounsaturated fats.




Golden Chicken with Honey Beetroot Salad

Cumin-spiced chicken schnitzels with a rainbow roast sweet potato and beetroot salad finished with avocado, pine nuts and a honey dressing.

 35 minutes

 2 servings

 Chicken

30 December 2022

Change the flavours!

You can season the chicken with lemon zest and dried herbs instead of ground cumin if preferred! Harissa paste or curry paste also works well for adding flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	35g	66g

FROM YOUR BOX

SWEET POTATOES	400g
BEETROOT	1
GEM LETTUCE	3-pack
AVOCADO	1
HONEY SHOT	1
PINE NUTS	1 packet
CHICKEN SCHNITZELS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, ground cumin, dried thyme

KEY UTENSILS

large frypan, oven tray

NOTES

Cook the chicken on the BBQ if preferred!



1. ROAST THE VEGETABLES

Set oven to 220°C.

Scrub and dice sweet potatoes and beetroot. Toss on a lined oven tray with **1 tsp thyme, oil, salt and pepper**. Roast for 20-25 minutes until cooked through.



4. TOAST THE NUTS

Toast pine nuts in a dry frypan over medium-high heat for 3-4 minutes until golden. Remove and set aside. Keep pan on heat.



2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Dice or slice avocado. Set aside.



3. PREPARE THE DRESSING

Whisk together honey, **1 tbsp vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**.



5. COOK THE CHICKEN

Coat chicken with **1/2 tbsp cumin, oil, salt and pepper** (see notes). Cook in pan for 4-5 minutes each side or until cooked through.



6. FINISH AND SERVE

Arrange lettuce leaves on a serving plate. Top with roast vegetables and avocado. Sprinkle with pine nuts and spoon over dressing. Serve alongside chicken.

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

