



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Rosemary

Keep leftover rosemary sprigs in water on your kitchen bench. They will develop roots after 2-3 weeks!



B4 Rosemary Chicken with Sweet Potato Salad

Grilled rosemary chicken schnitzels, served alongside a balsamic sweet potato salad with BBQ spring onions, creamy avocado and a sprinkling of pine nuts at the end.

 25 minutes

 4 servings

 Chicken

18 February 2022

Dress it your way!

You can use your favourite pre-made salad dressing for this dish if preferred! A French vinaigrette, sweet chilli dressing, balsamic glaze or some pesto would all work well!

FROM YOUR BOX

SWEET POTATOES	1kg
ROSEMARY SPRIG	1
CHICKEN SCHNITZELS	600g
SPRING ONIONS	1 bunch
MESCLUN LEAVES	1 bag
AVOCADO	1
PINE NUTS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

oven tray, griddle pan or BBQ, frypan (optional)

NOTES

You can cook the spring onions together with the chicken on the BBQ or griddle pan if it fits.

You can toast the pine nuts in the oven for 5 minutes if preferred.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes until golden and cooked through.



2. COOK THE CHICKEN

Heat a griddle pan or BBQ over medium-high heat. Chop rosemary leaves to yield 2 tsp. Coat chicken with rosemary, **oil, salt and pepper**. Cook for 4-5 minutes each side until cooked through.



3. COOK THE SPRING ONIONS

Cut spring onions into 5cm pieces. Toss with **oil**. Cook in a frypan over medium-high heat for 6-8 minutes until softened.



4. PREPARE THE DRESSING

Whisk together **3 tbsp balsamic vinegar** and **3 tbsp olive oil**.



5. ARRANGE THE SALAD

Arrange roast sweet potatoes and mesclun leaves on a serving plate. Dice avocado and place on top along with cooked spring onions. Drizzle with dressing and scatter over pine nuts (see notes).



6. FINISH AND SERVE

Serve sweet potato salad with chicken 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**

