




**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

 4 servings

 Chicken

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
	36g	22g	60g

FROM YOUR BOX

SWEET POTATOES	800g
BETROOTS	2
GEM LETTUCE	3-pack
AVOCADO	1
HONEY SHOTS	2
PINE NUTS	1 packet
CHICKEN SCHNITZELS	600g

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 **beetroots**. Toss on a lined oven tray with **2 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.



5. COOK THE CHICKEN

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



3. PREPARE THE DRESSING

Whisk together **honey, 2 tbsp vinegar** and **3 tbsp olive oil**. Season with **salt and pepper**.



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.



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