



Product Spotlight: Parmesan Cheese

Parmesan is a delicious, nutty, sweet and salty hard cheese that complements tomato-based dishes.



F2 Lemon and Coriander Chicken with Roast Vegetables and Parmesan Dressing

Skin-on chicken breast fillet roasted with lemon zest and ground coriander and served with tossed roast vegetables, scrunched kale and a lemon parmesan dressing.

 35 minutes

 2 servings

 Chicken

29 July 2022

Make ahead!

There are some elements of this dish you can prepare ahead to save time; chop the vegetables, season the chicken and make the dressing. Refrigerate in separate airtight containers until it is time to cook.

Per serve: **PROTEIN** 73g **TOTAL FAT** 66g **CARBOHYDRATES** 35g

FROM YOUR BOX

LEMON	1
CHICKEN BREAST FILLETS	300g
PARSNIP	1
CARROTS	2
BRUSSELS SPROUTS	1 bag (150g)
SHAVED PARMESAN	1 packet
ALMONDS	1 packet (30g)
KALE	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, dijon mustard

KEY UTENSILS

oven dish, oven tray, stick mixer (or small food processor), frypan

NOTES

Add fresh or dried herbs like rosemary, thyme or tarragon to the vegetables before roasting.

Instead of scrunching the kale, you can coat it in oil, salt and pepper, and roast in the oven for 10–15 minutes to make chips.



1. ROAST THE CHICKEN

Set oven to 220°C.

Zest lemon to yield 2 tsp. Slash chicken in 3–4 places. Place in a lined oven dish. Coat with **oil**, lemon zest, **2 tsp coriander**, **salt and pepper**. Roast for 25–30 minutes. Reserve any roasting liquid for step 6.



2. ROAST THE VEGETABLES

Cut parsnip and carrots into angular pieces. Halve Brussels sprouts. Toss on a lined oven tray with **oil**, **salt and pepper** (see notes). Roast for 15–20 minutes until vegetables are tender.



3. MAKE THE DRESSING

Add juice of lemon, 1/2 packet parmesan, 1/4 cup olive oil, **2 tsp mustard**, **1 tbsp water**, **salt and pepper** to a jug. Use a stick mixer to blend to a smooth consistency.



4. TOAST THE ALMONDS

Heat a frypan over medium–high heat. Roughly chop almonds and add to a dry frypan. Toast for 2–4 minutes until golden.



5. SCRUNCH THE KALE

Thinly slice kale leaves (see notes). Add to a large bowl with 1/2 prepared dressing. Scrunch kale leaves with dressing until kale tenderises. Add roast vegetables to bowl with kale. Toss to combine.



6. FINISH AND SERVE

Slice chicken.

Divide chicken among plates along with tossed vegetables. Drizzle over remaining dressing and roasting liquid. Sprinkle over remaining parmesan and toasted almonds.

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