




Product Spotlight: Fresh Basil


Fresh basil is full of aroma. Go on, give it a sniff! Then, head to the pantry and compare the scent with dried basil. Can you smell the difference?



2 Crispy Roasted Chicken with Baked Veggies

Roasted veggies and chicken served alongside a basil & lemon dressing and fresh veggies – a sure family favourite you'll want to recreate again and again!

 35 minutes

 2 servings

 Chicken

28 December 2020

One-tray wonder

For a less hands-on approach, simply add the basil-rubbed chicken from step 2 onto the veggie tray from step 1 and bake in the oven until veggies are tender and chicken cooked through.

FROM YOUR BOX

BABY POTATOES	400g
RED CAPSICUM	1/2 *
RED ONION	1/2 *
CARROT	1
BASIL	1/2 packet*
CHICKEN BREAST FILLET (SKIN ON)	300g
LEMON	1/2 *
CONTINENTAL CUCUMBER	1/2 *
BABY SPINACH	1/2 bag (60g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil (for cooking), salt, pepper, 1 garlic clove, soy sauce, maple syrup

KEY UTENSILS

small oven dish, oven tray

NOTES

If preferred, keep capsicum and carrot fresh and add to the salad plate in step 4.

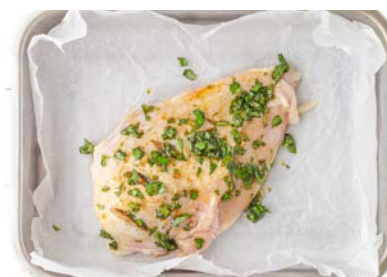


1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice potatoes and capsicum. Slice onion and carrot (see notes). Toss together on a lined oven tray with **oil, salt and pepper**.

Cook for 20–25 minutes.



2. ROAST THE CHICKEN

Chop basil. Add half to a bowl with **2 tsp oil, 1 tsp soy sauce, crushed garlic and pepper**. Slash chicken and place in a small lined oven dish. Rub with basil mix and roast for 20–25 minutes or until cooked through.



3. MAKE THE DRESSING

Whisk together remaining basil, lemon juice, **3 tbsp olive oil, 1/2 tbsp maple syrup, salt and pepper**.



4. PREPARE FRESH SALAD

Slice cucumber and set aside with baby spinach.



5. FINISH AND PLATE

Slice chicken and arrange on a platter with roasted vegetables, cucumber and spinach. Serve dressing on the side.

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**

