



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Honey Sachet


This recipe features a sachet of honey from Fewster's Farm in WA. It's organic and contains no preservatives. It's not heat treated either, resulting in a mild, delicious flavour.



## 2 Roast Pumpkin and Chicken Salad

A wholesome, colourful dinner that will leave the whole family satisfied! Featuring free-range chicken, roast pumpkin, a tangy onion dressing and a sprinkle of crunchy cashews.

 30 minutes

 2 servings

 Chicken

15 February 2021

*No oven option*

*If you don't want to turn on the oven, you can pan-fry the diced pumpkin in oil over low heat until tender, and serve the cherry tomatoes fresh.*

## FROM YOUR BOX

CHERRY TOMATOES	1/2 bag (100g) *
DICED PUMPKIN	1 bag (300g)
HONEY SACHET	1
RED ONION	1/4 *
GREEN BEANS	1/2 bag (75g) *
CHICKEN BREAST FILLET	300g
BABY LEAVES AND BEETROOT	1/2 bag (90g) *
CASHEWS	1/2 bag (50g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, ground cumin, red wine vinegar, dried oregano

## KEY UTENSILS

oven tray, frypan

## NOTES

Leave the tomatoes fresh if preferred.

For extra flavour, add 1–2 tsp of seeded mustard to the dressing.

Add the onion to the roasting tray if preferred.



### 1. ROAST THE PUMPKIN

Set oven to 220°C.

Halve cherry tomatoes (see notes) and add to a lined oven tray with pumpkin. Toss with **1/2 tsp cumin, oil, salt and pepper**. Roast for 15–20 minutes until tender.



### 2. MAKE THE DRESSING

In a small bowl whisk together honey, **3 tbsp olive oil, 1 1/2 tbsp vinegar, salt and pepper**. Thinly slice onion and stir through dressing (see notes).



### 3. COOK THE BEANS

Heat a frypan with **1/4 cup water**. Trim and halve beans. Add to pan and cook for 2–3 minutes until just tender. Drain and run under cold water. Set aside and keep pan.



### 4. COOK THE CHICKEN

Slice the chicken into medallions. Rub with **1/2 tsp oregano and oil**. Reheat frypan over medium–high heat. Cook chicken for 3–4 minutes each side or until cooked through.



### 5. TOSS THE SALAD

Tip leaves into a bowl. Add beans, pumpkin and tomatoes. Toss together with half the onion dressing, season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Roughly chop cashews.

Divide salad between plates. Add chicken and sprinkle with cashews. Serve with remaining dressing.

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