



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lemon

In this recipe we used both the lemon juice and zest. However, we don't use the white part, called the pith. It's full of fibre and antioxidants, but it also has a very bitter taste!



## 2 Roasted Chicken with Lemon Rice Salad

Roast chicken, a guaranteed family hit! This one is cooked with fresh basil and served alongside a fragrant lemon rice salad. Easy, wholesome and tasty as can be.

 30 minutes

 2 servings

 Chicken

22 February 2021

*Keep it separate*

*If you're cooking for fussy eaters, keep the rice separate from the veggies. You can also cut the carrot and cucumber into veggie sticks to serve on the side.*

## FROM YOUR BOX

BASMATI RICE	150g
CHICKEN BREAST FILLET (SKIN ON)	300g
BASIL	1/2 packet (30g) *
CARROT	1
CONTINENTAL CUCUMBER	1/2 *
SPRING ONIONS	2
GREEN OLIVES	1/2 jar *
SLIVERED ALMONDS	1/2 packet (30g) *
LEMON	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, brown sugar, lemon pepper (optional, see notes), balsamic vinegar

## KEY UTENSILS

frypan, saucepan, oven dish

## NOTES

If you prefer, the chicken can be cooked in a frypan or a barbecue instead – just make sure to cook it for longer and over low-medium heat so the fillet is cooked through without burning.

If you don't have lemon pepper, simply use regular pepper. You can add a pinch of lemon zest instead.

Instead of toasting the almonds in a pan, you can place them on an oven tray in the oven below the chicken for a few minutes.



### 1. COOK THE RICE

Set oven to 220°C (see notes).

Place rice in a saucepan and cover with 1.5 x amount of water. Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



### 2. COOK THE CHICKEN

Slash chicken in 3–4 places and place in a lined oven dish. Roughly chop basil and mix 1/2 (keep remaining for salad) with **oil, salt and 1/2 tsp lemon pepper**. Rub over chicken and roast for 20–25 minutes or until cooked through.



### 3. PREPARE THE SALAD

Julienne carrot, deseed (optional) and dice cucumber, slice spring onions and drain olives. Place into a large bowl.



### 4. TOAST ALMONDS (OPTIONAL)

Toast almonds in a pan (see notes) over medium-high heat for 1–2 minutes or until golden. Remove and reserve pan.



### 5. FINISH THE SALAD

Zest lemon to yield 1 tsp. Whisk together with lemon juice, remaining basil, **3 tbsp olive oil, 1/2 tbsp vinegar and 1 tsp sugar**. Add rice and half the dressing to salad, toss well, and season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Slice chicken and divide among plates on top of rice salad. Sprinkle over toasted almonds. Serve remaining 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**

