



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Pumpkin

Pumpkins come in many different shapes and sizes. The thing they all have in common is their versatility (baked, steamed, mashed) and deliciousness!



## 2 Smokey Lemon Roasted Chicken with Pumpkin and Mint Dressing

Crispy skin, oven baked chicken breast, lightly seasoned with lemon pepper accompanied by roasted pumpkin and a fresh green dressing.

 35 minutes

 2 servings

 Chicken

27 August 2021

## Make Soup!

Add the diced pumpkin, corn kernels and spring onion to a saucepan. Add some garlic and a stock cube with 3 cups water. Simmer until tender then blend. Cook the chicken in a frypan then shred and stir through to serve.

## FROM YOUR BOX

CHICKEN BREAST (SKIN ON)	300g
CORN COBS	1
SPRING ONIONS	1/3 bunch *
DICED PUMPKIN	400g
MINT	1/2 bunch *
LEMON	1/2 *
GREEN BEANS	150g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, lemon pepper, smoked paprika (optional), dried thyme, maple syrup

## KEY UTENSILS

oven tray, small saucepan, stick mixer

## NOTES

For a sweeter finish, add a little more maple syrup to the sauce.

Add the beans to the tray with the vegetables for the last 5 minutes if preferred.



### 1. ROAST THE CHICKEN

Set oven to 220°C.

Slash chicken in 3-4 places. Place on one side of a lined oven tray and rub with **1/2 tsp lemon pepper, 1/2 tsp smoked paprika (optional), oil, salt and pepper**. Place into oven while you prepare the vegetables.



### 4. COOK THE BEANS

Trim and halve beans (see notes). Heat a saucepan with **1/2 cup of water** over medium-high heat. Add beans and cook for 2-3 minutes until just tender. Drain.



### 2. COOK THE VEGETABLES

Quarter corn and slice white ends of spring onions (keep green ends for sauce). Toss together with the pumpkin, **1/2 tsp thyme, oil, salt and pepper**. Add to tray and roast for 20-25 minutes until tender.



### 5. FINISH AND PLATE

Slice chicken and serve onto plates with roasted vegetables and beans. Spoon over dressing to taste and sprinkle with reserved spring onion tops.



### 3. MAKE THE DRESSING

Roughly chop mint leaves to yield 1/2 cup and chop reserved spring onion tops (save some for garnish). Place into a jug with lemon juice, **3 tbsp olive oil, 1/2 tbsp maple syrup, salt and pepper** (see notes). Blend to a sauce consistency.

**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**

