

**Product Spotlight:
Kale**

Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



Maple Lemon Chicken with Power Salad

Sweet citrus roasted chicken served alongside a dressed kale salad tossed with dutch carrots and toasted almonds. Finished with a delicious harvest dressing.



40 minutes



2 servings



Chicken

Crisp up the kale!

Roughly chop, rinse and pat dry kale leaves. Toss with oil and salt. Place on a tray and cook in the oven on 220°C for 5-7 minutes until kale is crispy.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	68g	73g	

FROM YOUR BOX

CHICKEN CHOPS	4-pack
LEMON	1
DUTCH CARROTS	1 bunch
SHALLOT	1
KALE LEAVES	1 bunch
AVOCADO	1
LEBANESE CUCUMBER	1
FLAKED ALMONDS	40g
HARVEST DRESSING	100g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, maple syrup

KEY UTENSILS

2 oven trays, frypan

NOTES

Use kale leaves to taste. We recommend 3 leaves for a 2 person serve.

If you would like to stretch this dish further you can toss in some cooked brown rice, quinoa or couscous.



1. ROAST THE CHICKEN

Set oven to 220°C.

Coat **chicken** with **zest from 1/2 lemon, 3 tsp maple syrup, oil, salt and pepper**.

Arrange on a lined oven tray and roast for 25–30 minutes, or until cooked through.



2. ROAST THE VEGETABLES

Trim, scrub and halve **carrots** lengthways. Wedge **shallot**. Toss on a second lined oven tray (or use the same tray as the chicken if there is room!) with **1 1/2 tsp coriander, oil, salt and pepper**. Roast for 20 minutes until tender.



3. PREPARE THE SALAD

Remove stems from **kale** and slice leaves (see notes). Add to a large salad bowl with **juice from 1/2 lemon, 1 tbsp olive oil, salt and pepper**. Use your hands to scrunch leaves until tender. Dice **avocado** and **cucumber**. Add to salad.



4. TOAST THE ALMONDS

Toast **almonds** in a dry frypan over medium-high heat for 3–4 minutes or until golden. Take off heat.



5. PREPARE THE DRESSING

Combine **juice from remaining 1/2 lemon** with **harvest dressing**. Season with **salt and pepper**.



6. FINISH AND SERVE

Gently toss **roast vegetables** with **kale salad** and **toasted almonds**. Drizzle with **harvest dressing** and serve with **chicken** (see notes).



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