




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

 4 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** 53g **TOTAL FAT** 77g **CARBOHYDRATES** 22g

FROM YOUR BOX

CHICKEN CHOPS	1kg
LEMON	1
DUTCH CARROTS	1 bunch
RED ONION	1
KALE LEAVES	6
AVOCADO	1
LEBANESE CUCUMBER	1
FLAKED ALMONDS	1 packet (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

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 the whole lemon, **1 tbsp 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 red onion. Toss on a second lined oven tray with **3 tsp coriander, oil, salt and pepper**. Roast for 20 minutes until tender.



3. PREPARE THE SALAD

Remove stems from kale and slice leaves. 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.



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