



**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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	53g	77g	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	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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