




Product Spotlight: Red Apple


“An apple a day keeps the doctor away” is well-known nutrition advice! Apples help control insulin levels by releasing sugar slowly into the bloodstream. They are also full of vitamins C & A which will help battle the cold & flu!



Roast Chicken and Winter Veg with Tossed Buckwheat

Roasted fennel, apple and Brussels sprouts tossed with nutty buckwheat and zingy lemon juice, served with chicken breast fillet roasted in lemon zest and paprika.

 30 minutes

 4 servings

 Chicken

Bulk it up!

If you are looking to bulk this recipe up, you can toss most leftover leafy greens through the buckwheat like rocket leaves, baby spinach, kale leaves and even parsley leaves.

Per serve: **PROTEIN** 50g **TOTAL FAT** 13g **CARBOHYDRATES** 40g

FROM YOUR BOX

LEMON	1
CHICKEN BREAST FILLETS	600g
FENNEL	1
RED APPLES	2
BRUSSEL SPROUTS	300g
BUCKWHEAT	2 x 100g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika

KEY UTENSILS

oven dish, oven tray, saucepan

NOTES

We recommend using an oven dish to roast the chicken as it catches any roasting juices from the chicken. Be sure to spoon them over your finished dish.

If you have any fresh herbs like parsley, basil or mint, toss them through the buckwheat with roasted vegetables. You can also crumble over some soft feta cheese or dot over some labneh.



1. ROAST THE CHICKEN

Set oven to 220°C.

Zest lemon. Place chicken skin side up in a lined oven dish (see notes). Slash chicken in 3–4 places. Coat with **oil, 2 tsp paprika, lemon zest, salt and pepper**. Roast for 25 minutes until cooked through.



2. ROAST THE VEGGIES

Wedge fennel (reserve any fronds) and apples. Halve Brussels sprouts. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



3. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 12–15 minutes until tender. Drain and rinse.



4. TOSS THE BUCKWHEAT

Toss cooked buckwheat through vegetables on oven tray (see notes). Squeeze over juice from 1/2 lemon (wedge remaining).



5. FINISH AND SERVE

Slice chicken breast.

Add slices of chicken to oven tray and serve tableside. Garnish with any reserved fennel fronds.



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