DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken

with Roast Beet Salad

Roast chicken breast fillet with a vibrant salad of beetroot, carrot, avocado and mesclun leaves.

35 minutes | 4/6 servings | Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
BEETROOTS	4	6
CARROTS	3	4
CHICKEN BREAST FILLETS SKIN ON	600g	600g + 300g
AVOCADO	1	2
MESCLUN LEAVES	60g	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, vinegar (of choice)

NOTES

You can add cheese such as feta, bocconcini or goats cheese to this salad. Olives, roast capsicum strips or marinated artichokes add a briny depth of flavour.

Transform this dish into a nourishing grain bowl and serve on top of quinoa, buckwheat or millet. Roast chickpeas, brown rice or lentils also make a delicious and filling addition to the dish.

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1. PREPARE THE VEGETABLES

Set oven to 220°C.
Wedge **beetroots** and cut **carrots** into similar size angular pieces. Toss on a lined oven tray with **seasoning of choice** (see tip), **oil**, **salt and pepper**.

TIP *We tossed the vegetables with 3 tsp ground cumin and 1 tsp maple syrup. You can add sweet potato, pumpkin, red onion or zucchini to roast at the same time if you have some.*

2. ROAST THE CHICKEN AND VEGETABLES

Coat **chicken** with **seasoning of choice** (see tip). Place on tray with **vegetables** (or use a second tray if preferred) and roast all together for 20-25 minutes until **chicken** and **vegetables** are cooked through.

TIP *We coated the chicken with 1 tsp sumac. You can use a pre made marinade or spice mix. Harissa paste, seeded mustard or ground cumin also work well!*

3. PREPARE THE SALAD

Slice **avocado** and gently toss with **mesclun leaves**.
Whisk together **1-2 tbsp vinegar with 1-2 tbsp olive oil**. Season with **salt and pepper**. Set aside.

TIP *We used balsamic vinegar and added 2 tsp maple syrup to the dressing. You can use a pre made dressing of choice.*

4. FINISH AND SERVE

Gently toss **roast vegetables** with **avocado**, **mesclun leaves** and **dressing**. Slice **chicken** and divide among plates with **salad**.

TIP *Allow the roast vegetables to cool slightly before tossing to prevent the leaves from wilting.*

This recipe has simplified instructions to help lower your meal cost.