



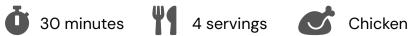


Roast Pumpkin Salad

with Chicken







Roast butternut pumpkin with baby spinach and capsicum tossed together with tender chicken pieces.

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CHICKEN SCHNITZELS	600g
RED CAPSICUM	1
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper

NOTES

You can create a Mediterranean style salad with a balsamic dressing and add pine nuts or walnuts, shaved parmesan, feta or bocconcini and fresh basil. Coat the chicken with dried oregano. Sun-dried tomatoes or marinated artichokes also go well if you have some!

For a Middle Eastern style salad, try coating the pumpkin with cumin seeds and the chicken with sumac or harissa paste. Serve with a lemon or yoghurt dressing.

You can use these ingredients to make a curry if preferred! Cook the vegetables and chicken (sliced) with a curry paste and coconut milk. A Thai red curry paste would work well!

1. ROAST THE PUMPKIN

Set oven to 250°C

Slice or dice pumpkin and toss with oil, salt and pepper on a lined oven tray. Roast for 25-30 minutes or until cooked through.



TIP You can add some cherry tomatoes, wedged red onion or beetroot to roast at the same time. We added 2 tsp cumin seeds for extra flavour.

2. COOK THE CHICKEN

Coat chicken with seasoning of choice (see tip), oil, salt and pepper. Heat a frypan over mediumhigh heat and cook chicken for 4-5 minutes each side or until cooked through.



TIP You can coat the chicken with a dried herb such as thyme and oregano or use fresh chopped rosemary or lemon pepper. Ground spices such as smoked paprika, ground cumin and coriander also work well.

3. FINISH AND SERVE

Slice capsicum and chicken. Toss together with roast pumpkin and baby spinach leaves. Serve at the table with dressing of choice.



We dressed the salad with a pre-made lemon and herb dressing. You can also add some toasted nuts, seeds or cheese if you have some. Feta, blue cheese or goats cheese can be used!

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