



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pecans

Pecan trees typically grow between 20–40 metres tall, and can bear fruit for up to 300 years!



2 Roasted Chicken Breast with Black Rice Stuffing Salad

A recipe inspired by a stuffed roast chicken, black rice is tossed with cooked vegetables, fresh rocket and a honey mustard dressing.

 35 minutes

 2 servings

 Chicken

19 November 2021

Save it!

Save this recipe for the next time you are making a whole roast chicken. Stuff the chicken with the black rice salad (minus the rocket) and roast using your preferred method.

Per serve: **PROTEIN** 44g **TOTAL FAT** 29g **CARBOHYDRATES** 90g

FROM YOUR BOX

BLACK RICE	1 packet (150g)
SWEET POTATO	1 small
CHICKEN BREAST FILLET	300g
BROWN ONION	1/2 *
CELERY STICK	1
CRANBERRY + PECAN MIX	1 packet (50g)
ROCKET LEAVES	1/2 bag (60g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, mustard of choice, maple syrup, dried sage, balsamic vinegar

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

We used dijon mustard but seeded would work well too.

If you don't have dried sage you can use fresh sage, fresh rosemary, dried thyme or dried rosemary instead.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with water.



2. COOK THE CHICKEN

Dice sweet potato. Slash chicken in 2–3 places. Place on a lined oven tray. Coat in **oil, 2 tsp sage, salt and pepper**. Roast for 20–25 minutes or until chicken is cooked through.



3. SAUTÉ THE AROMATICS

Heat a frypan over medium–high heat with **oil**. Slice onion and celery. Add to pan as you go. Sauté for 4–5 minutes until vegetables are softened.



4. MAKE THE DRESSING

In a large bowl whisk together **2 tbsp olive oil, 1 tbsp mustard, 2 tsp vinegar** and **1 tsp maple syrup**.



5. TOSS THE RICE

Roughly chop cranberries and pecans. Add to bowl along with rice, sweet potato, sautéed aromatics and rocket leaves. Toss until well coated. Season with **salt and pepper**.



6. FINISH AND SERVE

Slice chicken breast. Divide rice among plates and top with slice chicken breast.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

