



Rosemary and Balsamic Chicken

with Roasted Sweet Potato



30 minutes



2 Portions

By knocking up a few pantry staples - balsamic vinegar, Dijon mustard and olive oil - with some fragrant rosemary, you can make a delicious marinade for pan-fried chicken in just a few minutes. Throw in the leftover herbs with sweet potato and red onion, then roast until caramelised, and you have a quick, healthy meal that'll have you going back for more.

What we send

- 1 red onion
- 1 garlic clove, rosemary
- 1 sweet potato
- 50g parmesan¹
- free-range chicken tenderloin
- 30g pepita seeds
- 70g rocket leaves

What you'll require

- 2 tbs olive oil
- sea salt and pepper
- 1 tsp balsamic vinegar
- ½ tsp Dijon mustard

Utensils

- oven tray
- baking paper
- vegetable peeler
- large frypan

- As all of our veggies come straight from the farm, we recommend giving them a rinse before use.
- Oven temperatures are for conventional ovens, set to fan-forced.

Cooking tip

If you'd like to dress the salad, prepare a simple vinaigrette by whisking 2 parts olive oil and 1 part vinegar or lemon juice until well combined, then season with salt and pepper.

Allergens

Milk (1), Sulphur dioxide and sulphites. May contain traces of other allergens.

Nutrition per serving

Energy 650kcal, Fat 31.7g, Proteins 46.4g, Carbs 40.1g



1. Prepare ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **onion** into 1cm-thick rounds. Finely chop or crush the **garlic**. Peel and halve the **sweet potato**, then cut into 2cm-thick slices.



2. Shave parmesan

Using a vegetable peeler, shave the **parmesan**. Pick and finely chop **half the rosemary leaves** (reserve the remainder for another use).



3. Roast vegetables

Put the **onion, garlic, sweet potato, half the rosemary** and **1 tbs olive oil** in a bowl, season with **salt and pepper** and toss to coat. Spread over the lined tray and bake for 20 mins or until potatoes are tender.



4. Marinate chicken

Meanwhile, put the **chicken, 1 tsp balsamic vinegar, ½ tsp Dijon mustard, remaining rosemary** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and combine well.



5. Cook chicken

Heat **2 tsp olive oil** in a large frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until cooked through. Remove from the pan and set aside to rest for 5 mins.



6. Get ready to serve

Combine the **pepitas, rocket** and **parmesan** in a bowl (see cooking tip). Divide the **chicken, roasted vegetables** and **salad** among plates to serve.