

Printfid00328hero marinatedgrilledchicken badge

## Marinated Grilled Chicken with

Roasted Pumpkin and Green Vegetables



20-30min



4 Portions

You're going to love the classic flavours of this easy chicken with veggies. The hearty roasted pumpkin and sweet carrots develop beautiful caramelised edges - the perfect balance for the tasty marinated chicken. It's a fantastic weeknight winner you'll want to make time and time again!

## What we send

- sambal oelek
- spice mix
- garlic
- green beans
- zucchini
- free-range chicken breast fillets
- dried oregano
- carrot
- pumpkin

## What you'll require

- olive oil
- salt and pepper
- wholegrain mustard <sup>17</sup>

## Utensils

- baking paper
  - chargrill or frypan
  - Colander
  - foil
  - large saucepan
  - oven tray
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

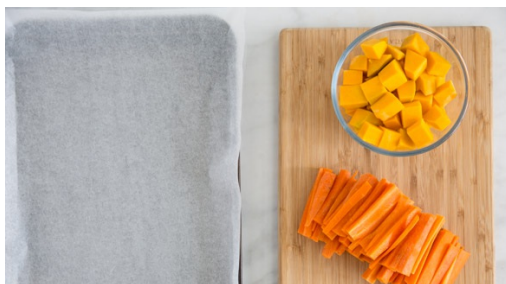
If your oven grill is separate to your oven, the chicken can be grilled for 3-4 mins on each side instead.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 400.0kcal, Fat 14.6g, Proteins 42.3g, Carbs 19.9g



### 1. Prepare vegetables

Preheat oven to 220C. Line an oven tray with baking paper. Cut **pumpkin** into 2cm pieces. Cut **carrots** into batons.



### 2. Roast vegetables

Place **vegetables** on the prepared tray, drizzle with 1 tbs **oil** and scatter over 3 tsp **spice mix**. Toss to combine. Season with **sea salt** to taste and roast for 20-25 mins until tender.



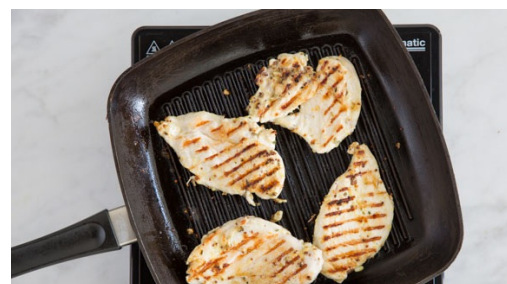
### 3. Marinate chicken

Meanwhile, crush or finely chop the **garlic** and combine in a large bowl with 2 tbs **oil**, 2 tsp **wholegrain mustard** and ½ tsp **oregano**. Season with **sea salt and pepper**. Cut **chicken** lengthwise into thinner steaks. Add to bowl and toss to coat.



### 4. Prepare green veggies

Cut **zucchini** into batons. Trim ends of **beans** and cut in half.



### 5. Chargrill chicken

Bring a large saucepan of water to the boil for the vegetables. Heat a chargrill pan (see cooking tip) over medium-high heat and cook the **chicken**, in batches if necessary, for 3-4 mins each side until cooked through. Keep warm by loosely covering with foil.



### 6. Cook vegetables

Meanwhile, cook **zucchini** in the pan of boiling water for 2 mins. Add **beans** and cook for 1 min or until tender. Drain well. Drizzle with 1 tsp **oil** and season to taste. Serve the **chicken** and **vegetables** with **sambal oelek** to taste.