

## Thanksgiving Chicken and

### Maple Pumpkin Salad



30-40min



4 Portions

Inspired by American Thanksgiving dinner, we've whipped up this oh-so tasty salad, with pumpkin as the star of the show, which is a good source of vitamin A - important for heart health. It's a hearty dish with the perfect balance of sweet and savoury flavours, and we're certain you'll want it to become a regular in your repertoire!

## What we send

- pumpkin spice mix
- Lebanese cucumber
- baby cos lettuce
- pumpkin
- roma tomatoes
- free-range chicken breast fillet
- garlic
- maple syrup

## What you'll require

- balsamic vinegar <sup>17</sup>
- Australian honey
- olive oil
- salt and pepper
- wholegrain mustard <sup>17</sup>

## Utensils

- baking paper
- large frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

You can also serve the dressing on the side for each person to pour over.

## Allergens

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

## Nutrition per serving

Energy 400kcal, Fat 16.2g, Carbs 17.0g, Proteins 44.4g



### 1. Roast pumpkin

Preheat oven to 200C. Line an oven tray with baking paper. Cut the **pumpkin** into small wedges and place on the tray. Sprinkle over the **roast pumpkin spice mix** and drizzle with 1 tbs **oil** and 10ml (half) of the **maple syrup**. Season with **salt** and toss to coat. Add the **unpeeled garlic cloves**. Roast for 20-25 mins until tender. Set aside to cool slightly.



### 4. Prepare salad

Meanwhile, trim the **lettuce** and coarsely chop the leaves. Coarsely chop the **tomatoes** and **cucumber**.



### 2. Prepare chicken

Meanwhile, cut **chicken breast fillets** horizontally into thinner steaks. Combine the remaining **maple syrup** with 1 tsp **wholegrain mustard** and 1 tbs **oil** in a shallow dish. Add the chicken and turn to coat.



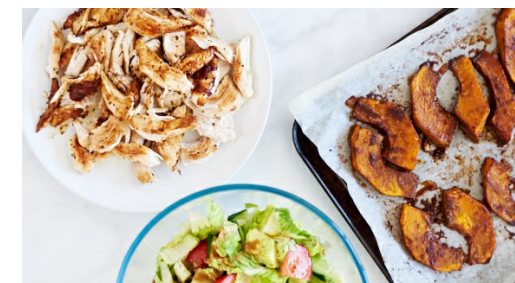
### 5. Prepare dressing

Combine 2 tbs **oil** with 2 tsp **balsamic vinegar**, 1 tbs warm water and 1 tsp **honey** in a large bowl. Squeeze the **garlic cloves** from the skins and add to the **dressing**. Season with **salt and pepper** and whisk to combine.



### 3. Cook chicken

Heat 1 tbs **oil** in a large frypan over medium-high heat. Cook the **chicken** in batches for 2-3 mins each side until cooked through.



### 6. Get ready to serve

Add the **tomato**, **cucumber** and **lettuce** to the **dressing** and gently toss to coat (see cooking tip). Tear the **chicken** into large pieces. Serve the **salad** with the chicken and **pumpkin wedges**.