



Roasted Oregano Chicken

with Pumpkin and Sage Mash



30-40min



2 Portions

For a quick, simple and nutritious meal that the whole family will love, you can't go wrong with this colourful dinner of oregano-marinated chicken served with peas and a sweet mash of roasted pumpkin, sautéed onion and sage.

What we send

- 1 brown onion
- green peas
- free-range chicken breast fillet
- 2 garlic cloves and sage
- 1 lemon
- Japanese pumpkin
- dried oregano

What you'll require

- olive oil
- sea salt and pepper

Utensils

- baking paper
- large saucepan
- oven tray
- potato masher
- small saucepan

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

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 415kcal, Fat 10.0g, Carbs 26.3g, Proteins 48.1g



1. Prepare pumpkin

Preheat the oven to 200C. Line an oven tray with baking paper. Peel the **pumpkin**, then cut into 2cm cubes. Put on the lined tray in a single layer. Drizzle over **half the oil** and season with **salt and pepper**. Toss to coat and set aside.



4. Cook aromatics

While chicken is cooking, bring a small saucepan of salted water to the boil for the peas. Finely chop the **onion, garlic** and **sage leaves**. Heat the **remaining oil** in a large saucepan over medium heat. Add the **onion, garlic** and **sage**. Cook, stirring occasionally, for 6-8 mins or until onion is lightly golden.



2. Marinate chicken

Lightly score the **chicken** with a sharp knife. Put **half the oregano** (keep remainder for another use) and **2 tsp oil** in a shallow dish and season with **salt and pepper**. Add the **chicken** and turn to coat.



5. Cook peas

Meanwhile, add the **peas** to the pan of boiling salted water and cook for 1 min or until hot. Drain in a colander and return to the pan. Cut the **lemon** into wedges.



3. Roast chicken and pumpkin


Place **chicken** on top of the **pumpkin** and roast in the oven for 25 mins or until the chicken is cooked through. Set chicken aside to rest for 5 mins before serving.



6. Get ready to serve

Transfer the roasted pumpkin to the onion mixture. Using a potato masher, mash the mixture together to combine. Season with **salt and pepper**. Thinly slice the **chicken**. Divide the mash among plates and top with the chicken and peas. Serve with the **lemon wedges**.

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from at least 25%
Australian ingredients