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Spiced Chicken and Pumpkin Rosti with Tomato Salad

 30-40min  4 Portions

We've added pumpkin to traditional Swiss rosti to boost the veggie-goodness as well as bring natural sweetness to this tasty dish. Paired with the easy grilled chicken and fresh salad, it's a brilliant midweek winner.

What we send

- spice mix
- parsley
- Lebanese cucumber
- free-range chicken tenderloin
- cherry tomatoes
- thyme
- red onion
- deisree potato
- pumpkin

What you'll require

- olive oil
- salt and pepper
- white wine vinegar ¹⁷

Utensils

- baking paper
- large frypan
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

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

Nutrition per serving

Energy 475.0kcal, Fat 11.7g, Proteins 41.4g, Carbs 45.7g



1. Make rosti

Preheat oven to 200C. Line an oven tray with baking paper. Coarsely grate the **pumpkin** and unpeeled **potato**. Very thinly slice the **onion**. Pick the **thyme** leaves (discard the stems). Combine the pumpkin, potato, onion and thyme leaves in a bowl. Season well with **salt and pepper** and set aside to stand for 5 mins.



4. Cook rosti

Heat 2 tbs **oil** in a large frypan over medium-high heat. Add $\frac{1}{8}$ th (about $\frac{1}{2}$ cup) of the **rosti mixture** and press down to 1cm thick. Cook, 4 at a time, for 3-4 mins on each side until golden brown. Transfer to the prepared tray. Bake for 10 mins or until cooked through.



2. Coat chicken

Meanwhile, place the **chicken** on a plate and sprinkle over the **spice mix**. Season with **salt** and drizzle over 1 tbs **oil**. Rub to coat all over.



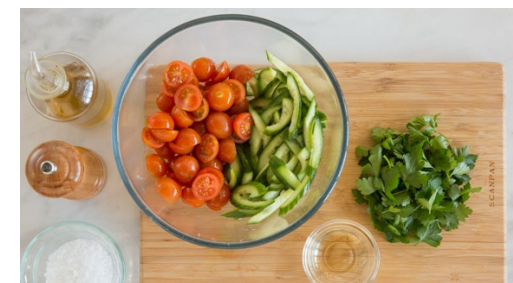
5. Chargrill chicken

Meanwhile, heat an oiled chargrill pan over medium-high heat. Chargrill the **chicken** for 2 mins each side until charred, then transfer to the oven for 5 mins or until cooked through.



3. Drain liquid

Using your hands or a sieve, drain as much liquid as possible from the **potato mixture**. Discard the liquid.



6. Make salad

Meanwhile, halve the **tomatoes**. Halve and thinly slice the **cucumbers**. Pick the **parsley** leaves (discard the stems). Combine the tomatoes, cucumber and parsley in a bowl. Drizzle with 1 tbs **oil** and 2 tsp **white wine vinegar**. Season with **salt and pepper**. Serve **chicken** with **rosti** and **salad**.