



# CHICKEN, KUMARA & ORANGE SALADS

DIFFICULTY: Easy | SERVES: 4 | READY IN: 1 hour

This salad is super easy to put together. It's fresh and light but still filling. One hour might seem like a long time to prepare a salad, but you'll have lots of free time while the chicken and kumara are cooking.



## KUMARA

- ☐ 500g red kumara (2 large)
- ☐ 1 Tbsp olive oil
- ☐ 1 tsp dried oregano

- ☐ 2 tsp dijon mustard
- ☐ 2 tsp honey
- ☐ 1 tsp balsamic vinegar

## CHICKEN & DRESSING

- ☐ 600g boneless, skinless chicken thighs
- ☐ 2 cloves garlic
- ☐ 1 orange
- ☐ 2 Tbsp olive oil

## SALAD

- ☐ 60g baby spinach
- ☐ 1 orange
- ☐ 2 stalks celery
- ☐ 1 large avocado
- ☐ 60g feta cheese

### 1. PREPARE KUMARA

Pre-heat oven to 210°C conventional. Line an oven tray with baking paper. Peel kumara and dice into 3cm cubes. Place on prepared tray and drizzle with olive oil. Season with oregano, salt and pepper and use your hands to toss the kumara, evenly coating it with the oil and seasoning.

### 2. PREPARE CHICKEN & DRESSING

Nestle the chicken thighs together in an oven dish. Crush the garlic and zest the orange, then sprinkle over the chicken. Juice the orange into a small bowl. Add olive oil, mustard, honey and vinegar. Whisk well to combine.

3. Drizzle half of the dressing over the chicken and set the rest aside. Place chicken and kumara in the oven and roast for 45 minutes. Half way through cooking, take the chicken out and baste with the juices in the dish. At the same time, swap the position of the kumara and the chicken around so that they cook evenly.

### 4. MAKE SALAD

While the kumara and chicken are cooking, make the salad. Divide spinach between individual serving plates. Peel and slice orange; slice celery and avocado; dice feta. Assemble on top of the spinach.

### 5. SERVE

Top salads with kumara and sliced chicken thighs. Drizzle with remaining dressing to serve.



**WINE MATCH:** A chilled white will pair nicely with this meal. Try a Chardonnay or Pinot Gris.

## **CHICKEN, KUMARA & ORANGE SALADS RECIPE NOTES**

**GLUTEN FREE OPTION:** This meal is naturally gluten free.

**TIME SAVING TIP:** Dice the kumara into smaller cubes and sear the chicken in the pan first (2-3 minutes each side, on a high heat). You should then be able to reduce the time in the oven to about 20 minutes.

**STORING AND REHEATING:** Store chicken and kumara in separate containers to the salad and reheat in the microwave before combining with the salad. Alternatively, you can store together and the salad can be eaten cold (still delicious). Keep the dressing separate and drizzle over the salad just before serving.