

Autumn Roasted Pumpkin & Chicken Bowl

Roasted pumpkin, herby chicken
& maple-mustard dressing.

*Warm. Colourful.
Delicious.*



EAT
THE
SEASONS



SERVES
2-4



PREP TIME
15 mins



COOK TIME
35 mins



TOTAL TIME
50 mins

Ingredients

- 500 g pumpkin or butternut squash, peeled and diced
- 2 chicken breasts
- 1 red onion, cut into wedges
- 2 tbsp olive oil (plus extra for cooking)
- 1 tsp smoked paprika
- 1 tsp dried thyme (or mixed herbs)
- Salt and pepper
- 150 g cooked quinoa or wild rice
- 100 g baby spinach
- 100 g feta cheese, crumbled
- 2 tbsp pumpkin seeds, toasted
- Fresh parsley, chopped (to serve)

For the maple-mustard dressing:

- 3 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tsp maple syrup
- 1 tbsp lemon juice
- Black pepper

Good to know

Use quinoa, wild rice or your favourite grain for a base. This recipe also works well with turkey or halloumi.

Method

- 1 Preheat your oven to 200°C (180°C fan) / 400°F / Gas 6. Line a baking tray with parchment paper. Toss the pumpkin and red onion with 1 tbsp olive oil, smoked paprika, thyme, salt and pepper. Spread out on the tray and roast for 30-35 minutes, turning halfway through.
- 2 Meanwhile, season the chicken breasts with salt, pepper and a little olive oil. Heat a pan over medium heat and cook for 4-5 minutes each side, until golden and cooked through. Rest for a few minutes, then slice.
- 3 In a small bowl, whisk together the dressing ingredients (olive oil, Dijon mustard, maple syrup, lemon juice and black pepper).
- 4 Assemble the bowls: add cooked quinoa or wild rice, baby spinach, roasted pumpkin and onion, sliced chicken, crumbled feta and pumpkin seeds.
- 5 Drizzle with the maple-mustard dressing and sprinkle with fresh parsley. Serve warm and enjoy!



Top Tip

For extra flavour, add a pinch of chilli flakes or a squeeze of fresh lemon juice before serving.



GOOD FOOD • BRIGHTER DAYS



SummerBlue

*Seasonal food
happier you*