



TERIYAKI CHICKEN & PUMPKIN SALAD

MENU 1 - DAY 2

INGREDIENTS - SERVES 5

5 chicken Maryland's, OR 5 drumsticks and
5 thigh pieces

1 cup of soy sauce

½ cup Worcestershire sauce

1 lemon, juice and fine slices of peel (use a
vegetable peeler to peel the lemon)

2 tablespoons olive oil

½ cup of honey

4 cloves of garlic OR 4 teaspoons of jar
crushed garlic

1 teaspoon of fresh grated ginger OR

1 teaspoon of jar crushed ginger

Salad

2kg Kent pumpkin, cut into 3cm pieces

2 tablespoons of oil (for baking)

250g feta

3 tablespoons pine nuts

150g of rocket or baby spinach leaves

Olive oil

DIRECTIONS

1. Preheat oven to 190C.
2. Chop up the pumpkin and place in single layers on a baking tray. Coat with 2 tablespoons of oil and season with salt and pepper. Place in the oven to bake for approximately 20-30mins, or until tender. NOTE: The pumpkin needs to be slightly cooled for the salad so it will need to cook prior to the chicken.



3. Place chicken pieces in baking dish.

- Mix the soy sauce, Worcestershire sauce, lemon juice and peel (use a vegetable peeler to peel the lemon), olive oil, honey, garlic and ginger in a bowl or jug.



- Pour over chicken, ensuring each piece has been coated.



- Cover the baking dish with a lid or cooking foil and bake in the oven for 30 minutes.

7. Remove from oven and turn the chicken, ensuring that all the pieces have been recoated in the juices. Cook for a further 20 to 40 minutes or until the chicken is cooked through.
8. Place rocket (or spinach leaves), pumpkin, pine nuts feta and olive oil in a bowl and mix together gently. Serve with chicken.

