



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: POTATOES

Potatoes have 40% fewer carbs than pasta, 60% more vitamin C than blueberries, and a whopping 80% more potassium than bananas!



4. STUFFED POTATOES

WITH AVOCADO SALAD

 35 Minutes

 2 Servings

For a guilt-free comfort meal, try out this filling potato dish featuring smoked chicken, cheddar cheese, and (of course) avocado!

FROM YOUR BOX

MEDIUM POTATOES	2
SPRING ONIONS	2
ZUCCHINI	1/2 *
SMOKED CHICKEN BREAST	250g
TOMATO SUGO	1/2 jar *
BABY COS LETTUCE	1
TOMATO	1
AVOCADO	1
RED CAPSICUM	1/2 *
GRATED CHEDDAR CHEESE	1/2 packet (100g) *
PARSLEY	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, dried thyme, white wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

Leave tomato, avocado and capsicum chunky to save time.



1. ROAST THE POTATOES

Set oven to 220°C.

Halve potatoes lengthways. Place on a lined oven tray, rub with **oil, salt and pepper**. Roast for 20-25 minutes or until golden and tender.



2. FRY THE ONIONS AND BEANS

Heat a frypan with **oil** over medium-high heat. Slice and add spring onions, cook for 2 minutes. Grate zucchini and add to pan with **1 tsp thyme**.



3. FINISH THE FILLING

Chop chicken and add to the pan with tomato sugo. Simmer until thickened. Season to taste with **salt and pepper**.



4. MAKE THE SALAD

Wash and separate lettuce leaves. Dice tomato, avocado and capsicum (see notes). Toss together with **2 tsp olive oil, 2 tsp vinegar, salt and pepper**.



5. FILL THE POTATOES

Lightly squash the potatoes to fluff them up. Divide filling between them and top with grated cheese. Return to oven for 5 minutes to melt cheese (optional).



6. FINISH AND PLATE

Roughly chop the parsley.

Serve potatoes with salad and sprinkle with parsley.