



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: RED KIDNEY BEANS

Kidney beans are a powerhouse of nutrition, packed with fibre, vitamins, minerals, protein, and so much more.



4. STUFFED POTATOES

WITH AVOCADO SALAD

 35 Minutes

 4 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	4
SPRING ONIONS	1/3 bunch *
RED KIDNEY BEANS	400g
SMOKED CHICKEN BREAST	250g
TOMATO SUGO	1/2 jar *
BABY COS LETTUCE	2-pack
TOMATOES	2
AVOCADO	1
GREEN CAPSICUM	1
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 the tomatoes, 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. Drain beans 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 tomatoes, avocado and capsicum (see notes). Toss together with **1 tbsp olive oil, 1/2 tbsp 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.