

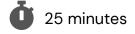




# **Thyme Chicken**

# with Succotash and Feta Cream

Golden chicken tenderloins with a veggie succotash featuring corn, zucchini and tomato, all served with roast sweet potato rounds and a creamy feta cheese sauce.







Switch it up!

You can roast all of the vegetables and make a tray bake instead! Add some fresh rosemary or ground spices of choice. Crumble the feta cheese over the top at the end.

PROTEIN TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

SWEET POTATOES	400g
FETA CHEESE	1 packet
CORN COB	1
ZUCCHINI	1
CHICKEN TENDERLOINS	300g
CHERRY TOMATOES	1 packet (200g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, ground cumin, vinegar of choice

#### **KEY UTENSILS**

large frypan, oven tray, stick mixer or blender

#### **NOTES**

You can make wedges instead if preferred! Switch the ground cumin to another spice of choice or use some dried herbs.

Save any leftover feta cream to use as a dip for veggie sticks!



#### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Slice sweet potatoes into rounds (see notes). Toss on a lined oven tray with 1/2 tbsp cumin, oil, salt and pepper. Roast for 20–25 minutes or until cooked through.



## 2. MAKE THE SAUCE

Crumble feta cheese. Blend together with 1 tsp dried thyme and 1/3 cup water using a stick mixer or blender. Season with pepper to taste.



#### 3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with oil. Remove corn kernels from cob and dice zucchini. Add to pan and cook for 6-8 minutes until golden. Remove to a bowl and keep pan over heat.



## 4. COOK THE CHICKEN

Coat chicken with 1 tsp dried thyme, oil, salt and pepper. Cook in pan for 4-5 minutes each side or until cooked through.



## **5. TOSS THE VEGETABLES**

Quarter or halve the tomatoes. Toss together with cooked corn and zucchini. Stir through 1/2 tsp vinegar and season with salt and pepper.



#### 6. FINISH AND SERVE

Divide chicken, sweet potatoes and succotash vegetables among plates. Serve with feta cream (see notes).

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



