



Product Spotlight:
Corn cob

Corn falls into two food categories!
Fresh sweet corn kernels are vegetables, but if you dry them and make popcorn, they are a grain!



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.



25 minutes



2 servings



Chicken

20 January 2023

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	63g	35g	63g

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.



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.



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.



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**.



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.



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**

