



2. CAPSICUM CHICKEN

WITH PARSLEY POTATOES





Enjoy this warming capsicum chicken dinner with parsley potatoes, lettuce wedges, and good company.

FROM YOUR BOX

BABY POTATOES	400g
SPRING ONIONS	2
GARLIC CLOVE	1
DICED CHICKEN BREAST FILLET	300g
CAPSICUM	1
BABY EGGPLANTS	2
TOMATO SUGO	1 jar (350g)
PARSLEY	1/2 bunch *
BABY COS LETTUCE	1

^{*} Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

saucepan, deep frypan

NOTES

You can also add dried crushed chilli to taste for a spicier dish.

If you prefer, you can make mashed potatoes. Mash the potatoes and add a dash of milk.



1. BOIL THE POTATOES

Place potatoes in a saucepan and cover with water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and return to saucepan.



2. SAUTÉ THE SPRING ONIONS

Heat a frypan with 1 tbsp oil over medium heat. Slice spring onions, crush garlic and add to pan as you go with 1 tsp oregano (see notes). Cook for 2-3 minutes or until softened



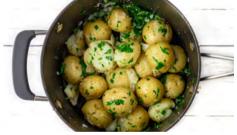
3. ADD THE CHICKEN

Increase heat to medium-high and add chicken. Cook for 3-4 minutes. Thinly slice capsicum and dice eggplants, add to pan and cook for further 4-5 minutes.



4. STIR IN THE SAUCE

Stir in sugo and 1/2 tbsp vinegar. Cover and simmer for 5 minutes or until chicken is cooked through. Season to taste with salt and pepper.



5. TOSS THE POTATOES

Finely chop parsley. Lightly crush potatoes and toss with parsley, 1 tbsp olive oil, salt and pepper (see notes).



6. FINISH AND PLATE

Wedge lettuce and dress with 2 tsp olive oil and 1 tsp vinegar (optional).

Serve chicken with potatoes and lettuce.



