



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CAPSICUM

Capsicum — or bell peppers, as they're known in the UK and the US — come in an abundance of colours. No matter the colour, capsicums are rich in vitamin C, antioxidants and a satisfying crunch. (Fun fact: botanically, they're classified as berries!)



2. CAPSICUM CHICKEN

WITH PARSLEY POTATOES

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

 30 Minutes

 2 Servings

27 April 2020

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.