

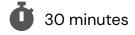




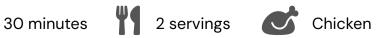
# **Thyme Chicken**

# with Succotash and Feta Cream

Golden chicken schnitzels with a veggie succotash featuring corn, zucchini and tomato, all served with roast sweet potato rounds and feta cream.







Switch it up!

You can roast all of the vegetables and make a traybake 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 SCHNITZELS	300g
CHERRY TOMATOES	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 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 FETA CREAM

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. Add to pan and cook 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 **0448 042 515** or send an email to hello@dinnertwist.com.au



