



### Product Spotlight: Liberty Chicken

We source our 100% free-range chicken from Mount Barker, WA. It gets deboned and packaged by local business Liberty Chicken.



## Mango Chutney Chicken with Crispy Squashed Potatoes

Mildly spiced chicken schnitzels served with crispy squashed baby potatoes, fresh green salad and a savoury sweet mango chutney sauce.

 35 minutes

 2 servings

 Chicken

## Change the Potatoes!

*Instead of making squashed potatoes, cut them into wedges or dice before roasting.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 22g **CARBOHYDRATES** 42g

## FROM YOUR BOX

BABY POTATOES	400g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
MINT	1 packet
MANGO CHUTNEY	3 tubs
CHICKEN SCHNITZELS	300g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, garam masala, soy sauce

## KEY UTENSILS

oven tray, saucepan with lid, frypan

## NOTES

To speed up the cook time, you can cut the potatoes into wedges and roast instead of squashing the potatoes whole.

Use yoghurt or mayonnaise instead of water for a creamier dressing.

You can use ground cumin or curry powder instead of garam masala if preferred.



### 1. COOK THE POTATOES

Set oven to 250°C (see notes).

Place **potatoes** in a saucepan (halve any larger ones) and cover with water. Bring to a boil, simmer for 15 minutes, or until tender but still firm (continue at step 4)



### 2. PREPARE THE SALAD

Separate and rinse **lettuce leaves**. Slice **cucumber** and **mint**. Toss together.

Combine **mango chutney** with **1/4 cup water** for a looser consistency (see notes).



### 3. COOK THE CHICKEN

Coat **chicken** with **1/2 tsp garam masala**, **1/2 tbsp soy sauce**, **oil**, **salt** and **pepper** (see notes). Cook in a frypan over medium-high heat for 4 minutes.



### 4. SQUASH THE POTATOES

Drain **potatoes**, toss with **1/2 tsp garam masala**, **oil**, **salt** and **pepper** on a lined oven tray. Flatten **potatoes** using the base of a mug or small bowl. Drizzle with more **oil** and roast on top shelf of oven for 10-15 minutes or until crispy.



### 6. FINISH AND SERVE

Serve **chicken** with **squashed potatoes** and **salad**. Spoon over **dressing** to taste.



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