

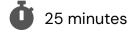




Thyme Chicken

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 58g 75g

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).



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