





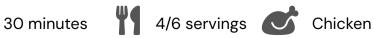
Thyme Chicken

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.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
FETA CHEESE	1 packet	2 packets
CORN COBS	2	3
ZUCCHINI	1	2
CHICKEN SCHNITZELS	600g	600g + 300g
CHERRY TOMATOES	2 x 200g	3 x 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.



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 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.

6P - use 2 blocks feta, 2/3 cup water and 2 tsp thyme for the feta cream.



3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with oil. Remove corn kernels from cobs 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 2-3 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 **2 tsp vinegar** and season with **salt and pepper**.

6P - use 1 tbsp vinegar to dress.



6. FINISH AND SERVE

Divide **chicken**, **sweet potatoes** and **succotash vegetables** among plates. Serve with **feta cream**.



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