



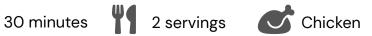
## Stroganoff with Chicken Thigh Fillets

## and Sweet Potato Mash

Rosemary chicken thigh fillets, pan-fried and served with a nourishing yoghurt-based mushroom stroganoff sauce, mashed sweet potato and blanched greens.







# Switch it up!

Instead of making mash, slice or wedge the sweet potatoes and roast them for a crispy side dish.

TOTAL FAT CARBOHYDRATES

53g

#### FROM YOUR BOX

| SWEET POTATOES        | 400g            |
|-----------------------|-----------------|
| CHICKEN THIGH FILLETS | 300g            |
| SLICED MUSHROOMS      | 1 punnet (200g) |
| BROWN ONION           | 1               |
| TOMATO PASTE          | 1 sachet        |
| NATURAL YOGHURT       | 1 tub           |
| BROCCOLINI            | 1 bunch         |
|                       |                 |

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, ground paprika, soy sauce (or tamari)

#### **KEY UTENSILS**

frypan, 2 saucepans

#### **NOTES**

We leave the skin on the sweet potato for extra flavour and nutrition. Peel the sweet potato for a smoother mash.

For extra flavour on the broccolini, add the zest and juice from a lemon. You could also add some crushed garlic or finely sliced fresh herbs, such as chives or parsley. Try grilling or pan-frying your broccoli instead of blanching.



#### 1. COOK THE POTATOES

Roughly chop sweet potatoes (see notes). Place in a saucepan and cover with water. Bring to a boil for 10 minutes until potatoes are tender. Drain and return to pan. Mash with 1 tbsp olive oil to a smooth consistency. Season with salt and pepper.



#### 2. BROWN THE CHICKEN

While sweet potato is boiling, heat a frypan over medium-high heat. Coat chicken in oil, 2 tsp rosemary, salt and pepper. Add to pan and cook for 4-5 minutes each side until golden. Remove to a plate, keep pan on heat.



#### 3. COOK THE STROGANOFF

Slice mushrooms and onion. Add to pan as you go (add extra oil if needed), along with tomato paste and 11/2 tsp paprika. Cook, stirring, for 3-4 minutes until mushrooms begin to brown.



#### 4. FINISH THE STROGANOFF

Return chicken to pan along with 3/4 cup water and 3 tsp soy sauce. Simmer for a further 3 minutes. Remove from heat and stir in yoghurt and season with pepper to taste.



## 5. BLANCH THE BROCCOLINI

Heat second saucepan over medium-high heat. Pour in 1/2 cup water. Halve broccolini and cook for 3-4 minutes until just tender or cooked to your liking. Drain and season with salt and pepper (see notes).



### 6. FINISH AND SERVE

Divide mash on plates. Top with chicken and stroganoff. Serve with broccolini.

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 O481 072 599 or send an email to hello@dinnertwist.com.au



