



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mushrooms


Mushrooms are low in calories but high in several B vitamins that promote good health!



2 Chicken Stroganoff with Mashed Sweet Potato

A creamy classic, with a few wholesome twists! Tender chicken thighs in a rich sour cream based mushroom sauce, enjoyed on mashed sweet potato.

 30 minutes

 4 servings

 Chicken

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Less dishes

If preferred, you can add the broccoli to the sweet potatoes to mash, cook them in a steamer basket, or cook them with the stroganoff. You can also roast the diced sweet potato in the oven instead of making mash.

FROM YOUR BOX

SWEET POTATOES	1kg
CHICKEN THIGHS	600g
LEEK	1/2 *
GARLIC CLOVE	1
MUSHROOMS	1 bag (200g)
MUSTARD	1 jar
SOUR CREAM	3/4 tub (150g) *
BROCCOLI	1
PARSLEY	1/3 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil/butter + oil for cooking, salt, pepper, stock cube, flour (plain or other)

KEY UTENSILS

large frypan, 2 saucepans

NOTES

You can also add 1 tsp dried herbs of choice such as oregano, rosemary or thyme to the chicken.



1. COOK THE POTATOES

Roughly chop potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10 minutes or until tender. Drain and return to saucepan. Mash with **2 tbsp olive oil/butter, salt and pepper**.



2. BROWN THE CHICKEN

Heat a frypan over medium-high heat. Halve chicken thighs and rub with **oil, salt and pepper** (see notes). Place into pan and cook for 4-5 minutes each side until golden. Remove to a plate. Keep pan.



3. COOK THE STROGANOFF

Reheat pan with **2 tbsp butter/oil** over medium-high heat. Slice and add leek, cook for 3-4 minutes. Add crushed garlic and sliced mushrooms, cook for 3-4 minutes.



4. MAKE AND ADD THE SAUCE

Whisk together mustard, crumbled **stock cube, 1 tbsp flour and 1 1/2 cups water**.

Pour sauce into frypan, simmer for 2-3 minutes until thickened. Add sour cream, return chicken, and simmer for a further 2 minutes. Season to taste with **salt and pepper**.



5. BLANCH THE BROCCOLI

Heat another saucepan with **1/2 cup water**. Cut broccoli into florets and cook for 2-3 minutes until just tender, or to your liking.

Drain and season with **salt and pepper**.



6. FINISH AND PLATE

Serve mash on plates with stroganoff and broccoli. Sprinkle with chopped parsley.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

