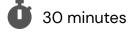




# **Chicken Stroganoff**

# 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.







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 *

<sup>\*</sup>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 11/2 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



