



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Rosemary


Keep leftover rosemary sprigs in water on your kitchen bench. They will develop roots after 2-3 weeks!



P4 Creamy Garlic Chicken with Potato & Parsnip Mash

Golden chicken breast, cooked in the pan with a creamy garlic and lemon sauce with rosemary, served on a bed of mashed root veggies with a side of lemon green beans.

 30 minutes

 4 servings

 Chicken

July - August 2022

Mix it up!

This dish works well with many dried herbs! You could try some dried tarragon or thyme. Add some sun-dried tomatoes or a cajun spice mix to the sauce for a different flavour!

FROM YOUR BOX

MEDIUM POTATOES	800g
PARSNIPS	2
CHICKEN BREAST FILLETS	600g
BROWN ONION	1
ROSEMARY STALK	1
GARLIC CLOVES	2
SOUR CREAM	1 tub
GREEN BEANS	1 bag (250g)
LEMON	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan, frypan

NOTES

If you have a steamer basket, you can steam the beans on top of the root vegetables as they cook.



1. COOK ROOT VEGETABLES

Dice potatoes and parsnips (peel if preferred). Add to a saucepan and cover with water. Bring to the boil and simmer for 12–15 minutes until cooked through (see step 5).



2. BROWN THE CHICKEN

Heat a large frypan over medium–high heat with **oil**. Cut chicken in half, and season with **salt and pepper**. Place skin side down in pan. Slice onion, chop rosemary leaves (reserve some for garnish) and add to pan. Cook for 5 minutes.



3. SIMMER THE SAUCE

Turn chicken over. Stir in **1 tsp oregano**, **2 crushed garlic cloves**, sour cream and **3/4 cup water**. Simmer for 10 minutes until chicken is cooked through.



4. COOK THE BEANS

Meanwhile, trim beans. Add to a second frypan (see notes) over medium–high heat with **olive oil** and lemon zest (reserve some for garnish). Cook for 3–4 minutes until tender.



5. MASH THE VEGETABLES

Reserve **1/2 cup cooking water** before draining the root vegetables. Mash vegetables using a potato masher with reserved water until desired consistency. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Slice lemon and add to chicken. Season sauce with **salt and pepper**. Serve with mash and a side of beans. Garnish with extra rosemary and lemon zest.

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

