



### Product Spotlight: Green Beans

Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young.



## Marry Me Chicken with Creamy Mash

Juicy chicken breast schnitzels cooked in a creamy sun-dried tomato sauce, served over creamy mash with a side of tender green beans. Perfect for busy weeknights, or for any special occasion too!



30 minutes



2 servings



Chicken

## Switch up the sides!

*Serve the chicken with quinoa, polenta or roast veggies instead! You can also slice the schnitzels and toss through pasta. Top with parmesan for an extra boost!*

Per serve: **PROTEIN** 59g **TOTAL FAT** 20g **CARBOHYDRATES** 119g

## FROM YOUR BOX

MEDIUM POTATOES	3
CHICKEN SCHNITZELS	300g
SHALLOT	1
SUN-DRIED TOMATOES	1 tub
GARLIC CLOVES	2
SOUR CREAM	1 tub
GREEN BEANS	150g
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried oregano, ground paprika, plain flour (or other), chicken stock cube

## KEY UTENSILS

saucepan, frypan x 2

## NOTES

Peel the potatoes for a smoother mash! Add the beans to blanch or steam when cooking the potatoes!

Use scissors to quickly slice the sun-dried tomatoes.

Use milk instead of cooking water for the mash if you like!



### 1. COOK THE POTATOES

Chop potatoes and place in a large saucepan (see notes). Cover with water, bring to a boil and cook for 15 minutes or until soft. To drain, see step 5.



### 2. BROWN THE CHICKEN

Season the chicken with **salt and pepper**. Dust in **1 tbsp flour**. Heat a frypan with oil over medium-high heat. Add chicken. Cook until golden and nearly cooked through, roughly 3-4 minutes on each side. Remove from pan.



### 3. COOK THE AROMATICS

Finely chop shallot and slice sun-dried tomatoes (see notes). Add to pan along with crushed garlic, **1 tsp oregano and 1 tsp paprika**. Cook for 3 minutes then stir in sour cream, **1 cup water and 1/2 stock cube**. Simmer for 2 minutes, return chicken and cook for further 5 minutes.



### 4. PREPARE THE VEGGIES

In the meantime, trim green beans. Add to a frypan with **1/2 cup water** and cook for 3-4 minutes or until tender to your liking.



### 5. MASH THE POTATOES

Reserve **1/2 cup cooking water** before draining the potatoes (see notes). Return potatoes to saucepan and mash with **1/2 cup cooking water and 2 tbsp butter**. Season well with **salt and pepper**.



### 6. FINISH AND SERVE

Season the chicken and sauce with **salt and pepper** to taste. Serve over mash accompanied by green beans. Slice and garnish with fresh basil.



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