



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



4 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** 50g **TOTAL FAT** 15g **CARBOHYDRATES** 87g

FROM YOUR BOX

MEDIUM POTATOES	1kg
CHICKEN SCHNITZELS	600g
BROWN ONION	1
SUN-DRIED TOMATOES	1 tub
GARLIC CLOVES	2
SOUR CREAM	1 tub
GREEN BEANS	250g
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried oregano, ground paprika, plain flour (or other), 1/2 chicken stock cube

KEY UTENSILS

large saucepan, large 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 **2 tbsp flour**. Heat a large 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 **onion** and slice **sun-dried tomatoes** (see notes). Add to pan along with crushed **garlic**, **2 tsp oregano** and **1 tsp paprika**. Cook for 3 minutes then stir in **sour cream**, **1 1/2 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 cup cooking water** before draining the potatoes (see notes). Return potatoes to saucepan and mash with **1/2-1 cup cooking water** and **2-3 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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