



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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	40g	32g/35g	86/91g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
CHICKEN SCHNITZELS	600g	600g + 300g
BROWN ONION	1	1
SUN-DRIED TOMATOES	1 tub	2 tubs
GARLIC CLOVES	2	3
SOUR CREAM	1 tub	2 tubs
GREEN BEANS	250g	250g + 150g
BASIL	1 packet	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!



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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.

6P – dust chicken in 2 tbsp flour.



3. COOK THE AROMATICS

Finely chop **onion** and slice **sun-dried tomatoes** (see notes). Add to pan along with **crushed garlic, 2-3 tsp oregano and 1-2 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.

6P – add trimmed green beans to frypan with 3/4 cup water.



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**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

