



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



e-Recipe only

Create your way by
using your favourite
pantry items from
home.



Chicken and Mash

with Braised Cabbage

Spiced chicken breast fillet with braised red cabbage
and creamy potato mash.



35 minutes



4 servings



Chicken

FROM YOUR BOX

MEDIUM POTATOES	1kg
CHICKEN BREAST FILLETS (SKIN ON)	600g
SPRING ONIONS	1 bunch
FENNEL	1
RED CABBAGE	1/4

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sugar (of choice), vinegar (of choice), ground cumin

NOTES

We used brown sugar and red wine vinegar for the cabbage.

You can make a lighter version of this dish by using the potatoes to make wedges in the oven instead. Slice the cabbage and fennel. Dress with mayonnaise or yoghurt to make a coleslaw (add carrot and apple).

1. MAKE THE MASH POTATOES

Chop potatoes. Add to a saucepan with water. Bring to a boil and simmer for until tender (15 minutes). Drain and mash until smooth. Season with **salt and pepper**.

TIP *For a creamier finish, peel the potatoes and mash with milk and butter.*

2. COOK THE CHICKEN

Coat chicken with **1 tbsp ground cumin, oil, salt and pepper**. Cook in frypan over medium-high heat for 8–10 minutes each side or until cooked through.

TIP *You can roast the chicken instead. Use a different spice if preferred. You can slash the chicken or flatten with a meat mallet for quicker cooking.*

3. BRAISE THE CABBAGE

Slice spring onions, fennel and cabbage. Add to a pan over medium heat with **olive oil**. Stir in **1 tbsp sugar, 2 tbsp vinegar and 2 tbsp water**. Cook for 6–8 minutes until softened. Season well with **salt and pepper**.

TIP *Add some grated apple or orange juice for sweetness instead of sugar. You can add caraway or fennel seeds extra depth of flavour. Reserve spring onion tops for garnish.*

4. FINISH AND SERVE

Slice chicken. Serve with mash potato and cabbage.