



# 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 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**.

**This recipe has simplified instructions to help lower your meal cost.**