DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Corn cob

Corn falls into two food categories! Fresh sweet corn kernels are vegetables, but if you dry them and make popcorn, they are a grain!

Thyme Chicken

with Succotash and Feta Cream

Golden chicken schnitzels with a veggie succotash featuring corn, zucchini and tomato, all served with roast sweet potato rounds and feta cream.

30 minutes | 2 servings | Chicken

Switch it up!

You can roast all of the vegetables and make a traybake instead! Add some fresh rosemary or ground spices of choice. Crumble the feta cheese over the top at the end.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	25g	36g

FROM YOUR BOX

SWEET POTATOES	400g
FETA CHEESE	1 packet
CORN COB	1
ZUCCHINI	1
CHICKEN SCHNITZELS	300g
CHERRY TOMATOES	200g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, ground cumin, vinegar of choice

KEY UTENSILS

large frypan, oven tray, stick mixer or blender

NOTES

You can make wedges if preferred! Switch the ground cumin to another spice of choice or use some dried herbs.

Save any leftover feta cream to use as a dip for veggie sticks!

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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Slice **sweet potatoes** into rounds (see notes). Toss on a lined oven tray with **1-2 tsp cumin, oil, salt and pepper**. Roast for 20-25 minutes or until cooked through.



2. MAKE THE FETA CREAM

Crumble **feta cheese**. Blend together with **1 tsp dried thyme** and **1/3 cup water** using a stick mixer or blender. Season with **pepper** to taste.



3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Remove **corn kernels** from **cob** and dice **zucchini**. Add to pan and cook for 6-8 minutes until golden. Remove to a bowl and keep pan over heat.



4. COOK THE CHICKEN

Coat **chicken** with **1 tsp dried thyme, oil, salt and pepper**. Add to pan and cook for 4-5 minutes each side or until cooked through.



5. TOSS THE VEGETABLES

Quarter or halve the **tomatoes**. Toss together with cooked **corn** and **zucchini**. Stir through **1/2 tsp vinegar** and season with **salt and pepper**.



6. FINISH AND SERVE

Divide **chicken, sweet potatoes** and **succotash vegetables** among plates. Serve with **feta cream** (see notes).

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