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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 | 4/6 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 |
|---|---|---|---|
| | 46g | 25g | 36g |

## FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|---|---|---|
| SWEET POTATOES | 800g | 1.2kg |
| FETA CHEESE | 1 packet | 2 packets |
| CORN COBS | 2 | 3 |
| ZUCCHINI | 1 | 1 |
| CHICKEN SCHNITZELS | 600g | 600g + 300g |
| CHERRY TOMATOES | 2 x 200g | 3 x 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.

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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 **2-3 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.

**6P - use 2 blocks feta, 2/3 cup water and 2 tsp thyme for the feta cream.**



## 3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Remove **corn kernels** from **cobs** 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 **2-3 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 **2 tsp vinegar** and season with **salt and pepper**.

**6P - use 1 tbsp vinegar to dress.**



## 6. FINISH AND SERVE

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

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