



**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.

25 minutes   4 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** 47g   **TOTAL FAT** 18g   **CARBOHYDRATES** 71g

## FROM YOUR BOX

SWEET POTATOES	800g
FETA CHEESE	1 packet
CORN COBS	2
ZUCCHINI	1
CHICKEN SCHNITZELS	600g
CHERRY TOMATOES	2 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.



### 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 tbsp 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 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 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**.



### 6. FINISH AND SERVE

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



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