



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mushrooms

Adding mushrooms is a great way to boost the protein of a dish. Mushrooms are also one of the few natural food sources of vitamin D, which is great for strong, healthy teeth and bones!



F4 Stroganoff with Chicken Thigh Fillets and Sweet Potato Mash

Rosemary chicken thigh fillets, pan-fried and served with a nourishing yoghurt-based mushroom stroganoff sauce, mashed sweet potato and blanched greens.



30 minutes



4 servings



Chicken

1 July 2022

Switch it up!

Instead of making mash, slice or wedge the sweet potatoes and roast them for a crispy side dish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	17g	51g

FROM YOUR BOX

SWEET POTATOES	800g
CHICKEN THIGH FILLETS	600g
BUTTON MUSHROOMS	1 bag (300g)
BROWN ONION	1
TOMATO PASTE	1 sachet
NATURAL YOGHURT	1 tub
BROCCOLI	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, ground paprika, soy sauce (or tamari)

KEY UTENSILS

large frypan, 2 saucepans

NOTES

We leave the skin on the sweet potato for extra flavour and nutrition. Peel the sweet potato for a smoother mash.

For extra flavour on the broccoli, add the zest and juice from a lemon. You could also add some crushed garlic or finely sliced fresh herbs, such as chives or parsley. Try grilling or pan-frying your broccoli instead of blanching.



1. COOK THE POTATOES

Roughly chop sweet potatoes (see notes). Place in a saucepan and cover with water. Bring to a boil for 10 minutes until potatoes are tender. Drain and return to pan. Mash with **2 tbsp olive oil** to a smooth consistency. Season with **salt and pepper**.



2. BROWN THE CHICKEN

While sweet potato is boiling, heat a large frypan over medium-high heat. Coat chicken in **oil, 1 tbsp rosemary, salt and pepper**. Add to pan and cook for 4-5 minutes each side until golden. Remove to a plate, keep pan on heat.



3. COOK THE STROGANOFF

Slice mushrooms and onion. Add to pan as you go (add extra **oil** if needed), along with tomato paste and **2 tsp paprika**. Cook, stirring, for 3-4 minutes until mushrooms begin to brown.



4. FINISH THE STROGANOFF

Return chicken to pan along with **1 cup water** and **1 tbsp soy sauce**. Simmer for a further 3 minutes. Remove from heat and stir in yoghurt and season with **pepper** to taste.



5. BLANCH THE BROCCOLI

Heat second saucepan over medium-high heat. Pour in **1/2 cup water**. Cut broccoli into florets and cook for 2-3 minutes until just tender or cooked to your liking. Drain and season with **salt and pepper** (see notes).



6. FINISH AND SERVE

Divide mash on plates. Top with chicken and stroganoff. Serve with broccoli.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

