



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Mushrooms

Mushrooms are low in calories but high in several B vitamins that promote good health!



2 Chicken Stroganoff with Mashed Sweet Potato

A creamy classic, with a few wholesome twists! Tender chicken thighs in a rich sour cream based mushroom sauce, enjoyed on mashed sweet potato.

 30 minutes

 2 servings

 Chicken

18 June 2021

Less dishes

If preferred, you can add the broccolini to the sweet potatoes to mash, cook them in a steamer basket, or cook them with the stroganoff. You can also roast the diced sweet potato in the oven instead of making mash.

FROM YOUR BOX

| | |
|----------------|------------------|
| SWEET POTATOES | 500g |
| CHICKEN THIGHS | 300g |
| LEEK | 1/2 * |
| GARLIC CLOVE | 1 |
| MUSHROOMS | 1 bag (100g) |
| MUSTARD | 1 jar |
| SOUR CREAM | 3/4 tub (150g) * |
| BROCCOLINI | 1 |
| PARSLEY | 1/3 bunch * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil/butter + oil for cooking, salt, pepper, stock cube, flour (plain or other)

KEY UTENSILS

large frypan, 2 saucepans

NOTES

You can also add 1 tsp dried herbs of choice such as oregano, rosemary or thyme to the chicken.



1. COOK THE POTATOES

Roughly chop potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10 minutes or until tender. Drain and return to saucepan. Mash with **1 tbsp oil/butter, salt and pepper**.



2. BROWN THE CHICKEN

Heat a frypan over medium-high heat. Halve chicken thighs and rub with **oil, salt and pepper** (see notes). Place in pan and cook for 4-5 minutes each side until golden. Remove to a plate. Keep pan.



3. COOK THE STROGANOFF

Reheat pan with **1 tbsp butter/oil** over medium-high heat. Slice and add leek, cook for 3-4 minutes. Add crushed garlic and sliced mushrooms, cook for 3-4 minutes.



4. MAKE AND ADD THE SAUCE

Whisk together mustard, crumbled **stock cube, 1 tbsp flour and 1 1/2 cups water**.

Pour sauce into frypan, simmer for 2-3 minutes until thickened. Add sour cream, return chicken, and simmer for a further 2 minutes. Season to taste with **salt and pepper**.



5. BLANCH THE BROCCOLINI

Heat another saucepan with **1/3 cup water**. Cut broccolini into florets and cook for 2-3 minutes until just tender, or to your liking.

Drain and season with **salt and pepper**.



6. FINISH AND PLATE

Serve mash on plates with stroganoff and broccolini. Sprinkle with chopped parsley.

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

