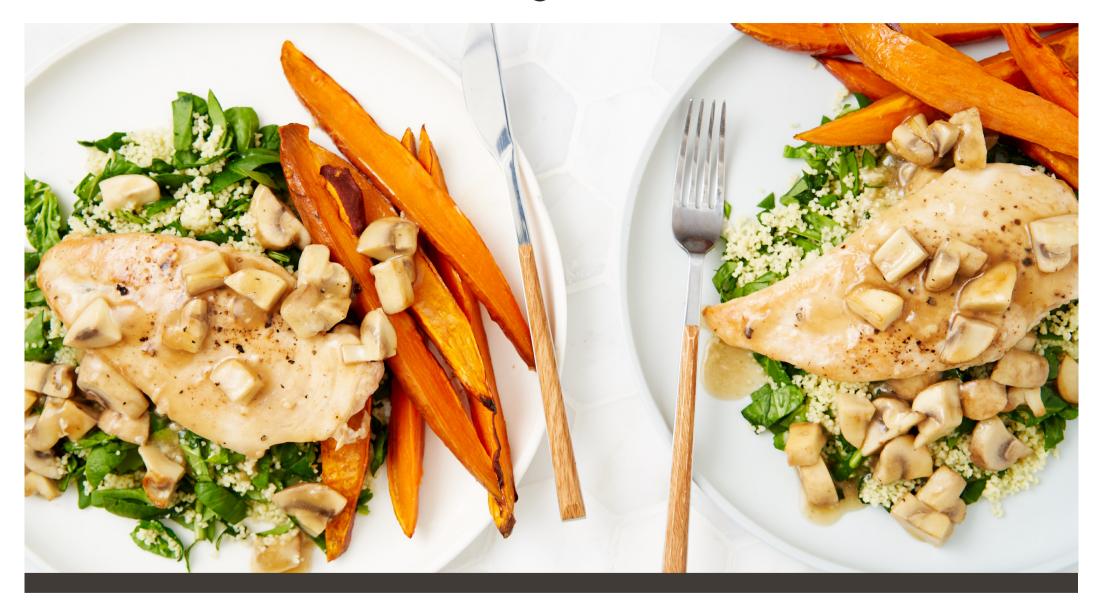
# MARLEY SPOON



# **Chicken with Garlic Mushrooms**

and Sweet Potato Oven Fries





30-40min 4 Portions

Here's a new spin on the meat and three veg formula. And if you think that's a tired concept, you're in for a pleasant surprise with this winner of a plateful. Crunchy sweet potato fries, shredded spinach and sauteed mushrooms in a delicious, peppery sauce make this chicken dinner a real treat.

#### What we send

- free-range chicken breast fillets
- sweet potatoes
- mushrooms
- baby spinach
- chicken-style stock cubes
- cornflour <sup>17</sup>
- · garlic clove
- couscous 1

## What you'll require

- boiling water
- butter <sup>7</sup>
- · olive oil
- · sea salt and pepper

#### Utensils

- · baking paper
- · large deep frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

#### **Allergens**

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

#### **Nutrition per serving**

Energy 855kcal, Fat 28.8g, Carbs 88.2g, Proteins 53.1g



### 1. Prepare vegetables

Preheat oven to 220C. Line a large oven tray with baking paper. Wash the **sweet potatoes** and cut lengthwise into thin wedges. Put on the lined tray, drizzle with **1 tbs olive oil** and season with **salt**, toss to coat. Bake for 20-25 mins until golden and tender.



2. Prepare couscous

Meanwhile, finely shred the **spinach**. Crush or finely chop the **garlic**. Crumble the **stock cubes** into a heatproof jug, add **1L (4 cups) boiling water** and stir to combine. Put the **couscous** in a heatproof bowl, add the **spinach** and **330ml (1½ cups) of the stock**. Cover with a plate or plastic wrap and stand for 5 mins or until the liquid has been absorbed.



3. Prepare chicken

Meanwhile, coarsely chop the **mushrooms**. Put the **chicken** on a board. Put your hand on top and carefully slice breast in half horizontally through the middle. Season with **salt** and drizzle with **1 tbs oil**. Heat a large deep frypan over medium-high heat. Cook the chicken for 3 mins each side or until cooked through. Remove, cover and keep warm.



4. Fry mushrooms

Meanwhile, heat **40g butter** and **2 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **mushrooms** and **garlic** for 3 mins or until the mushrooms are lightly golden. Add **1 tsp cracked black pepper** and the **remaining stock** and cook for 2 mins or until mushrooms are cooked.



5. Thicken sauce

Blend the **cornflour** and 1½ **tbs water** to a smooth paste in a small bowl. Remove the pan from the heat and stir in the **cornflour mixture** to combine. Return the pan to the heat and cook, stirring, until the sauce boils and thickens. Return the **chicken** and any resting juices to the pan and cook for 1 min.



6. Get ready to serve

Fluff the **couscous** with a fork and season with **salt**. Divide the **couscous** and **chicken** among plates. Spoon over the **mushrooms and pepper sauce** and serve with the **sweet potato wedges**.

Packed in Australia from at least 85%
Australian ingredients