



## 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 sautéed 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<sup>1</sup>

## 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**.