

# MARLEY SPOON



## Mexican Spiced Chicken

with Avocado Salsa and Sweet Potato



20-30min



2 Portions

Juicy, tender chicken breast, lightly coated in zingy Mexican spices then pan-fried, stars in this vibrant dish. While the sweet potato is roasting to golden perfection, you make a simple avocado salsa, chop some coriander and pistachios, and cook the chook. When everything's ready, it's piled on plates, for an impressively easy yet stylish meal.

## What we send

- 17
- 15

## What you'll require

- extra virgin olive oil
- Australian honey
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper

## Utensils

- baking paper
- medium frypan
- oven tray

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

## Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 675kcal, Fat 39.3g, Carbs 32.2g, Proteins 43.5g



### 1. Roast sweet potato

Heat oven to 220C. Line an oven tray with baking paper. Peel the **sweet potato**, then cut into 5mm-thick rounds. Put in a bowl with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Put on the lined tray and roast for 18-20 mins until golden and tender.



### 4. Marinate chicken

Put the **chicken** on a board. Put your hand on top and halve horizontally into 2 equal fillets. Combine **1 tsp Mexican seasoning** (the remaining seasoning won't be used in this dish) and **2 tsp olive oil** in a dish. Add the **chicken**, season with **salt and pepper** and turn to coat.



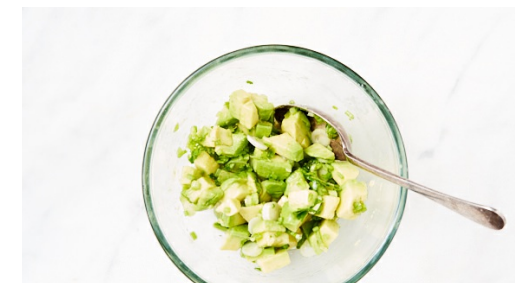
### 2. Prepare ingredients

Meanwhile, coarsely chop the **pistachios**. Trim and thinly slice the **spring onion**. Finely chop **half the coriander**, including the stems. Pick the sprigs from the **remaining coriander**.



### 5. Cook chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 3 mins each side or until golden and cooked through.



### 3. Make salsa

Put the **chopped coriander, spring onion, 1 tbs extra virgin olive oil, 1½ tsp red wine vinegar** and **½ tsp honey** in a bowl. Season with **salt and pepper** and stir to combine. Cut the **avocado** flesh into 5mm chunks. Add to the bowl and gently stir to coat. Set aside.



### 6. Get ready to serve

Put the **spinach** and **sweet potato** in a large bowl. Season with **salt and pepper** and toss to combine. Divide the **vegetables** and **chicken** among plates and spoon over the **avocado salsa**. Scatter over the **pistachios** and **coriander sprigs** and drizzle with any **chicken pan juices** to serve.