

MARLEY SPOON



Mexican Spiced Chicken

with Avocado Salsa and Sweet Potato



20-30min



4 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 ¹⁷
- 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 oven trays with baking paper. Peel the **sweet potatoes**, then cut into 5mm-thick rounds. Put in a bowl with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Put on the lined trays. 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 4 equal fillets. Combine **2 tsp Mexican seasoning** (the remaining seasoning won't be used in this dish) and **1 tbs olive oil** in a dish. Add the **chicken**, season with **salt and pepper** and turn to coat.



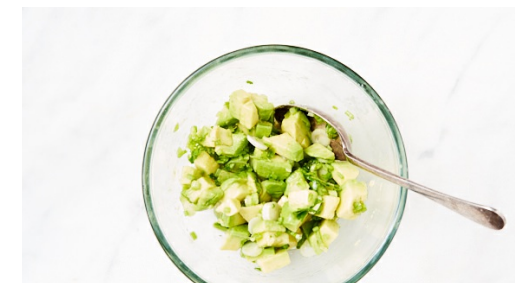
2. Prepare ingredients

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



5. Cook chicken

Heat a large 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, 2 tbs extra virgin olive oil, 3 tsp red wine vinegar** and **1 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.