

MARLEY SPOON



Turmeric Chicken

with Sweet Potatoes, Apricots and Almonds



20-30min



2 Portions

Here's a healthy dinner, loaded with lean protein and vegetables, that takes its flavour cues from North Africa. Where colour, crunch and a touch of spice reign supreme. This dish isn't hot, per se, but use less chilli flakes if you really want to dial it down.

What we send

- 17
- 15
- 2 sweet potatoes

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper
- water

Utensils

- medium deep frypan or saucepan
- medium frypan
- potato masher
- small saucepan

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

Allergens

Milk (7), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 590kcal, Fat 24.0g, Carbs 41.4g,
Proteins 45.5g



1. Prepare ingredients

Read through the recipe. Peel the **sweet potato** and cut into 2cm chunks. Trim the **beans**. Crush or finely chop the **garlic**. Thinly slice the **onion**. Put the **almonds** in a cold medium frypan. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan, reserving the pan.



4. Cook chicken

Heat the reserved pan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Transfer to a plate and rest for 3 mins. Bring a small saucepan of salted water to the boil for the beans.



2. Start cooking

Heat **2 tsp olive oil** in a medium deep frypan over medium heat. Cook **garlic, onion** and **¼ tsp chilli flakes****, stirring, for 3 mins. Stir in **tomato paste** and **375ml (1½ cups) water**. Crumble in **1 stock cube****. Add **sweet potato** and bring to a simmer. Reduce the heat to low, cover and cook, stirring occasionally, for 12 mins or until sweet potato starts to soften.



5. Add apricots

Add the **apricots** to the **sweet potato mixture** and season with **salt and pepper**. Increase the heat to medium-high and cook, covered, for 5-6 mins until the sauce is slightly thickened and the sweet potato is tender. Taste, then season with **salt and pepper**.



3. Marinate chicken

Meanwhile, combine **½ tsp turmeric**** and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Put the **chicken breast** on a board. Put your hand on top and halve horizontally into 2 equal fillets. Add the chicken to the marinade and turn to coat.



6. Get ready to serve

Meanwhile, cook the **beans** in the pan of boiling water for 3 mins or until tender. Drain, then return to the pan. Add the **almonds** and **15g butter**, season with **salt and pepper** and toss to coat. Lightly crush the **sweet potatoes** in the sauce with a potato masher or fork. Divide the **sweet potato mixture, chicken** and **beans** among plates to serve.