

DINNERLY



 HEALTHY

Chimichurri Chicken with Sweet Potato Smash and Beans

 20-30 minutes  2 Servings

Meat and three veg gets a delicious makeover with golden pan-fried chimichurri chicken, creamy sweet potato mash and a zesty salsa to bring it all together.

WHAT WE SEND

• 17

WHAT YOU NEED

- garlic clove
- olive oil
- red wine vinegar ¹⁷

TOOLS

- medium frypan
- medium saucepan
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 565kcal, Fat 26.0g, Carbs 34.6g, Proteins 42.1g



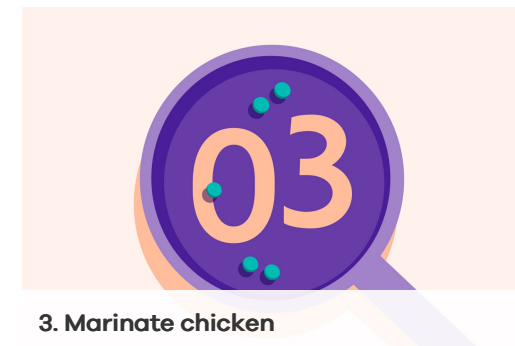
1. Prep veggies

Peel and cut the **sweet potato** and **carrot** into 3cm chunks, then put in a medium saucepan of salted water. Bring to the boil over high heat and cook for 14 mins or until almost tender. Meanwhile, crush or finely chop **1 garlic clove**. Finely chop **half the onion** (the remaining onion won't be used in this dish). Trim the **beans**.



2. Make smash

Add the **beans** to the sweet potato mixture and cook for a further 2 mins or until tender. Using tongs, transfer the beans to a bowl and cover to keep warm. Drain the **sweet potato and carrot**, then return to the pan. Add **1 tbs olive oil**, season well with **salt and pepper** and lightly smash with a potato masher.



3. Marinate chicken

Meanwhile, put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Combine **2 tsp olive oil**, **1½ tsp chimichurri seasoning** and **half the garlic** in a large bowl. Add the chicken, season with **salt and pepper** and stir until well coated.



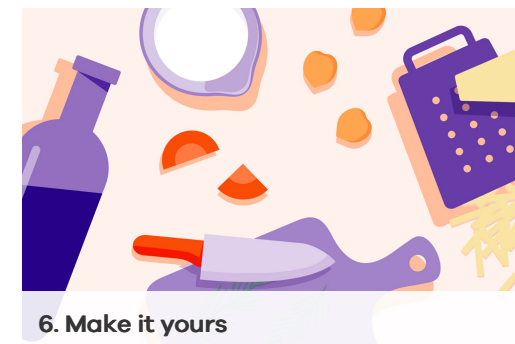
4. Cook chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Remove from the pan.







5. Serve up

Combine the **onion**, **remaining garlic**, **remaining chimichurri seasoning**, **1 tbs olive oil** and **2 tsp red wine vinegar** in a small bowl. Divide the **chicken**, **smash** and **beans** among plates, spoon over the **chimichurri salsa** and enjoy.



6. Make it yours

Up the herb factor with chopped fresh parsley or basil, or add zing with wedges of lemon.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 **Packed in Australia**
from at least **95%**
Australian ingredients