

DINNERLY



⚡ FAST

🍏 HEALTHY

Chicken and Kale Cups with Feta and Sweet Potato Smash



20-30 minutes



2 Servings

Here's a new way to enjoy superfood kale. Soften the whole leaves with boiling water, load up with smashed sweet potato, creamy feta and spiced chicken, then enjoy as a salad with a knife and fork, or as rustic cups!

WHAT WE SEND

- free-range chicken tenderloins
- 1 sweet potato
- 200g kale
- 1 capsicum
- 50g feta ⁷
- 5g chimichurri spice blend ¹⁷

WHAT YOU NEED

- garlic clove
- olive oil

TOOLS

- large frypan
- medium saucepan with lid
- paper towel
- potato masher

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

ALLERGENS

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

NUTRITION PER SERVING

Energy 470kcal, Fat 20.0g, Carbs 20.9g, Proteins 42.8g



1. Prep ingredients

Peel the **sweet potato** and cut into 2-3cm chunks. Thinly slice the **capsicum**, discarding the seeds and membrane. Trim the **kale** stems at the base of leaf, keeping the leaves whole, then put the kale in a colander. Crush or finely chop **1 garlic clove**. Thickly slice the **chicken**.



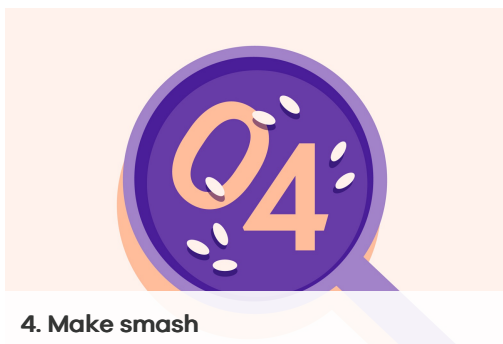
2. Cook sweet potato

Put the **sweet potato** in a medium saucepan, cover with water and bring to the boil. Reduce the heat to medium and cook for 12 mins or until tender. Using a lid, drain the cooking water over the **kale** to soften, leaving the sweet potato in the pan. Cool the kale under cold running water, drain well, then pat dry all over with paper towel.



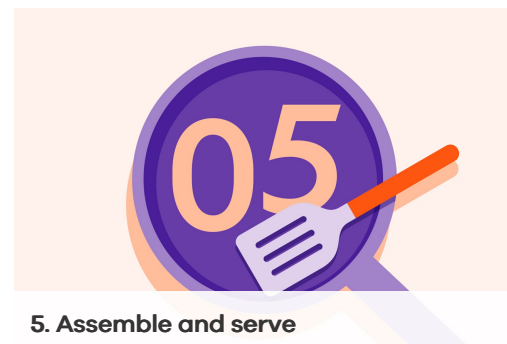
3. Cook chicken and capsicum

Meanwhile, heat **1 tbs olive oil** in a large frypan over high heat. Cook the **chicken, capsicum, garlic** and **2 tsp chimichurri spice blend** (see Make it yours), stirring, for 3-4 mins until chicken is golden and cooked through. Remove the pan from the heat. Season with **salt and pepper** and drizzle with **2 tsp red wine vinegar**.



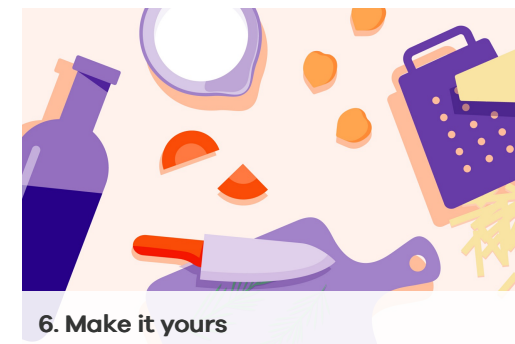
4. Make smash

Roughly mash the **sweet potato**, then stir through **½ tsp chimichurri** (any remaining chimichurri won't be used in this dish), **2 tsp olive oil** and **three-quarters of the feta**. Season with **salt and pepper**.



5. Assemble and serve

Lay the **kale leaves** flat on a clean surface and spread over the **sweet potato smash**. Arrange the **chicken mixture** down the centre and crumble over the **remaining feta**. Enjoy with a knife and fork, or fold over the leaves and eat the cups with your hands!



6. Make it yours

Chimichurri is a South American flavouring with a mild kick, so adjust the amount to taste. Drizzle over Greek-style yoghurt for an extra creamy finish.