

# DINNERLY



⚡ FAST

🍏 HEALTHY

## Chicken and Kale Cups with Feta and Sweet Potato Smash



20-30 minutes



4 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

- 1 capsicum
- 10g chimichurri spice blend <sup>17</sup>
- 100g feta <sup>7</sup>
- 400g kale
- 1 sweet potato
- free-range chicken tenderloins

## WHAT YOU NEED

- garlic clove
- olive oil

## TOOLS

- 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 460kcal, Fat 19.9g, Carbs 19.3g, Proteins 42.1g



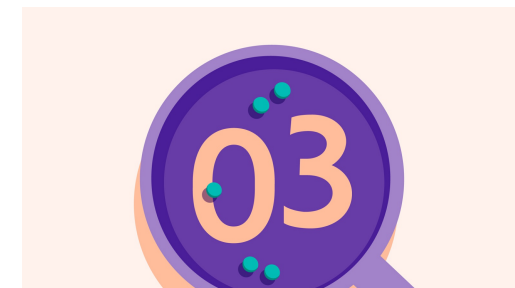
### 1. Prep ingredients

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 **2 garlic cloves**. 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.



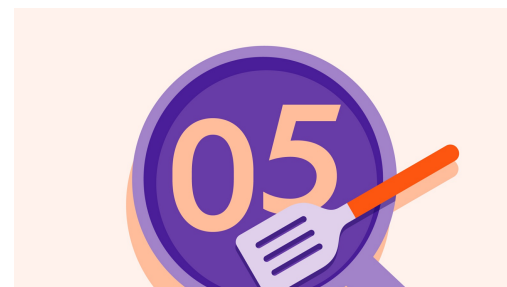
### 3. Cook chicken and capsicum

Meanwhile, heat **2 tbs olive oil** in a large deep frypan over high heat. Cook the **chicken, capsicum, garlic** and **1 tbs 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 **1 tbs red wine vinegar**.



### 4. Make smash

Roughly mash the **sweet potato**, then stir through **1 tsp chimichurri** (any remaining chimichurri won't be used in this dish), **1 tbs 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.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

 **Packed in Australia**  
from at least **75%**  
Australian ingredients