



HEALTHY

## Pan-Seared Dukkah Chicken

with Spinach and Fresh Ricotta



20-30min



2 Portions

Dukkah brightens any dish, with its salty, nutty, herbal crunch; our dukkah features sesame seeds, sumac and thyme. In its native Egypt it's most commonly used as a condiment or dip for fresh bread, but is equally at home over this combo of seasonal vegetables, chicken and ricotta.

## What we send

- 7
- 1,11,15

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- large frypan
- medium frypan
- medium saucepan

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

### Allergens

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

### Nutrition per serving

Energy 535kcal, Fat 22.2g, Carbs 31.6g, Proteins 47.4g



### 1. Prepare vegetables

**Read through the recipe.** Bring a medium saucepan of salted water to the boil for the sweet potatoes. Thinly slice the **onion** and **garlic**. Cut the **sweet potatoes** into 1cm rounds, then add to the pan of boiling water. Cook for 5-6 mins until softened but not completely cooked through. Drain.



### 4. Cook vegetables

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the **onion** for 2-3 mins, stirring often, until softened and light golden. Add the **sweet potato** and **garlic** and cook for a further 3-4 mins until almost tender.



### 2. Season chicken

Meanwhile, put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Scatter over **1 tsp dukkah** and season with **salt and pepper**.



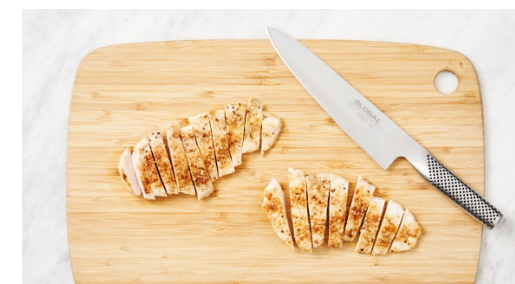
### 5. Add spinach

Add the **spinach** to the pan and cook, stirring, for 2 mins or until the spinach is wilted and **sweet potato** is tender. Season with **salt and pepper**.



### 3. Cook chicken

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **chicken** for 3-4 mins on each side until golden and cooked through. Transfer to a plate and rest for 4 mins.



### 6. Get ready to serve

Slice the **chicken**. Divide the **chicken** and **vegetables** among plates. Crumble over the **ricotta**, then scatter over the **remaining dukkah** to serve.