



HEALTHY

Pan-Seared Dukkah Chicken

with Spinach and Fresh Ricotta



20-30min



4 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

- 1,11,15
- 7

What you'll require

- olive oil
- sea salt and pepper

Utensils

- large frypan
- large saucepan
- deep frypan or wok

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 31.7g, Proteins 47.5g



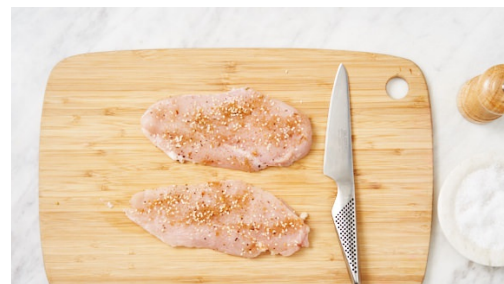
1. Prepare vegetables

Read through the recipe. Bring a large 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 **2 tbs olive oil** in a large deep 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 breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Scatter over **2 tsp dukkah** and season with **salt and pepper**.



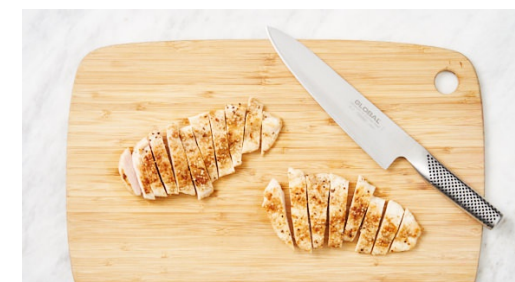
5. Add spinach

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 **1 tbs olive oil** in a large 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.