



Mexican Chicken and Potato Bake

with Avocado, Corn and Coriander Dressing



20-30min



2 Portions

Chicken, sweet potato and even corn, slathered in mild Mexican spices, are roasted together in this sunny, Latin-inspired dish. Roasting concentrates flavours, making vegetables taste sweeter and more intense than usual. Use a large, sharp knife to quickly remove corn kernels from the cob, then toss them with avo, coriander and red onion for the easiest salsa ever.

What we send

- 17
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* The remainder of this ingredient won't be used in this recipe.

What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- baking paper
- oven tray

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

Cooking tip

Oven temperatures are for conventional ovens, set to fan-forced. ~Garlic used raw needs to be finely minced. Adding a little salt to the garlic on the chopping board helps.

Allergens

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

Nutrition per serving

Energy 725kcal, Fat 44.4g, Carbs 41.8g, Proteins 35.1g



1. Prepare ingredients

Read through the recipe. Heat the oven to 220C (see cooking tip). Line an oven tray with baking paper. Peel and cut the **sweet potato** into 1.5cm chunks. Remove the husk and silks from the **corn**, then cut the cob in half. Chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip).



4. Make corn salsa

Meanwhile, very finely chop **half the onion****. Cut the **avocado** flesh into 1cm chunks. Finely chop the **coriander**, including the stems. Slice the **corn kernels** from the cobs. Combine the onion, avocado, coriander and corn in a bowl, season with **salt and pepper** and stir to combine.



2. Season ingredients

Combine the **Mexican spice blend**, **three-quarters of the garlic** and **2 tsp olive oil** in a large bowl. Add the **chicken**, **sweet potato** and **corn cobs** and toss to coat.



5. Make dressing

Combine the **remaining garlic**, **2 tbs extra virgin olive oil** and **1 tbs red wine vinegar** in a bowl. Season with **salt and pepper**.



3. Bake ingredients

Spread the **chicken mixture** on the lined tray and season with **salt and pepper**. Bake for 10 mins or until the corn is tender. Remove the **corn** from the tray. Bake the **chicken** and **sweet potato** for a further 10 mins or until golden and cooked through.



6. Get ready to serve

Stir **half the dressing** through the **corn salsa**. Thickly slice the **chicken**. Divide the chicken and **sweet potato** among plates. Spoon over the **corn salsa** and drizzle with the **remaining dressing** to serve.