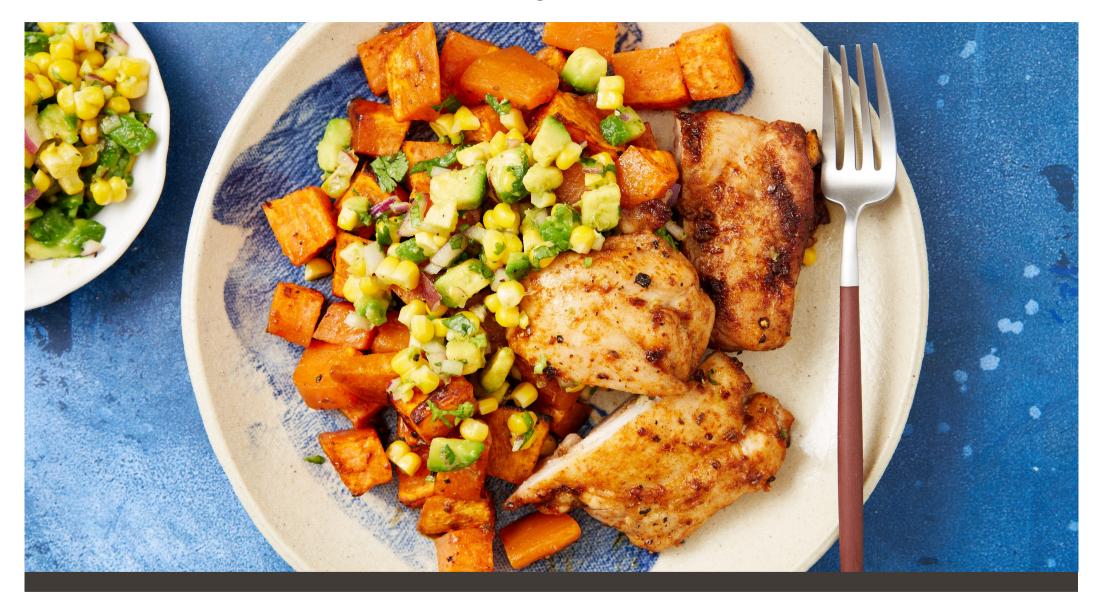
# MARLEY SPOON



# **Mexican Chicken and Potato Bake**

with Avocado, Corn and Coriander Dressing



20-30min 4 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

### What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar <sup>17</sup>
- · 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 680kcal, Fat 39.7g, Carbs 40.8g, Proteins 34.8g



## 1. Prepare ingredients

**Read through the recipe.** Heat the oven to 220C (see cooking tip). Line 2 oven trays with baking paper. Peel and cut the **sweet potatoes** into 1.5cm chunks. Remove the husk and silks from the **corn**, then cut the cobs in half. Chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip).



2. Season ingredients

Combine the Mexican spice blend, half the garlic and 1 tbs olive oil in a large bowl.

Add the chicken, sweet potato and corn cobs and toss to coat.



3. Bake ingredients

Spread the **chicken mixture** on the lined trays 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.



4. Make corn salsa

Meanwhile, very finely chop 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.



5. Make dressing

Combine the remaining garlic, 60ml (% cup) extra virgin olive oil and 1½ tbs red wine vinegar in a bowl. Season with salt and pepper.



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.