



South American Roasted Chicken

with Creamed Corn and Greens



30-40min



4 Portions

Inspired by South America's cumin-roasted chicken and its wide array of corn dishes, we bring you this satisfying dinner featuring baked chicken marinated in cumin, cinnamon, chilli and thyme, a quick corn purée and wholesome sautéed kale.

What we send

- kale
- garlic, thyme
- corn kernels
- free-range chicken thigh fillets
- brown onion
- ground cumin
- ground cinnamon
- ground chilli

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper
- sugar
- water
- white wine vinegar ¹⁷

Utensils

- baking paper
- large frypan
- medium saucepan
- oven tray

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 470.0kcal, Fat 23.3g, Proteins 38.3g, Carbs 22.5g



1. Marinate chicken

Preheat the oven to 200C. Line an oven tray with baking paper. Pick the **thyme** leaves, discarding the stems, and put in a large bowl. Add **1 tsp cumin, 1 tsp cinnamon** and **ground chilli to taste**. Add **chicken, salt and pepper**, and toss to coat. Set aside to marinate.



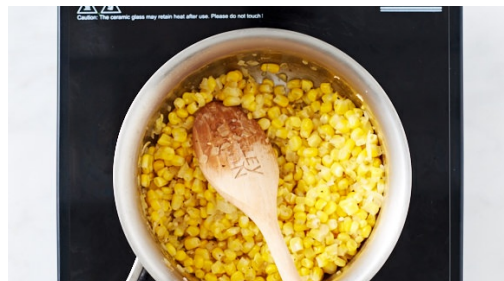
2. Prepare ingredients

Bring a medium saucepan of salted water to the boil for the kale. Finely chop the **garlic**. Finely chop **half the onion**, then thinly slice the **remaining onion**. Pick and coarsely chop the **kale** leaves, discarding the stems. Cook the **kale** in the pan of boiling salted water for 3 mins or until tender. Drain well in a colander.



3. Cook chicken

Heat **1 tbs oil** in a large frypan over medium-high heat. Add the **chicken** and cook for 2 mins each side. Transfer to the lined tray and roast in the oven for 10-12 mins or until cooked through. Reserve the frypan and do not clean it.



4. Start creamed corn

While the chicken is cooking, melt the **butter** with **1 tbs oil** in a medium saucepan over medium heat. Add **garlic** and the **chopped onion**, and cook, stirring, for 3 mins or until lightly golden. Add the **corn, sugar** and **vinegar**, cover with a lid and cook for a further 5 mins or until warmed through. Season with **salt and pepper**.



5. Finish greens

While the corn is cooking, heat the **remaining oil** in the reserved frypan over medium heat. Add the **sliced onion, 1 tsp cumin, 1 tsp cinnamon** and **ground chilli to taste**. Cook, stirring, for 4-5 mins until lightly golden. Add **kale** and toss to combine. Season with **salt and pepper**. Keep warm.



6. Finish creamed corn

Remove the corn mixture from the heat. Add the **water** (see staples list), then using a stick blender or a food processor, process until smooth, adding a little hot water for a thinner consistency if desired. Thickly slice the roasted **chicken**. Divide the creamed corn, kale mixture and chicken among plates to serve.