

# DINNERLY



## Mediterranean Double the Chicken with Parmesan Sweet Potato Mash



35 minutes



2 Servings

Craving a dinner that's delightfully delish and easy to get on the table? We're on a mission to make cooking more fun, extra yum and even simpler – this recipe, packed with quality fresh ingredients, is all that and more. Get cooking!

## WHAT WE SEND

- 1 zucchini
- 2 small sweet potatoes
- 50g parmesan<sup>1</sup>
- 2 x chicken breast fillet
- 10g Tuscan seasoning<sup>2</sup>
- 20g sunflower seeds

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

## WHAT YOU NEED

- 2 tsp olive oil
- 2 tsp honey
- 1 tbs milk<sup>1</sup>
- 15g butter<sup>1</sup>

## TOOLS

- large oven tray
- baking paper
- fine grater
- medium saucepan
- potato masher

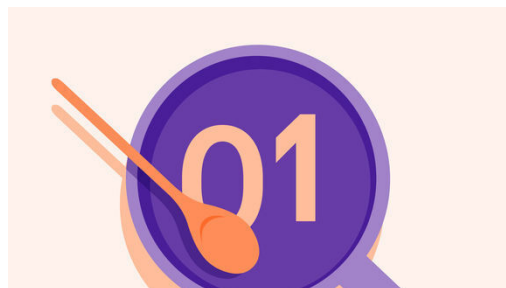
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Milk (1), Sulphites (2). May contain traces of other allergens.

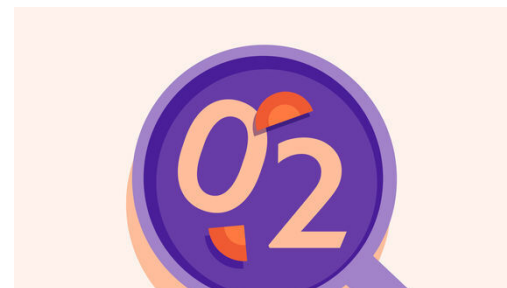
## NUTRITION PER SERVING

Energy 740kcal, Fat 26.7g, Carbs 40.5g, Protein 82.3g



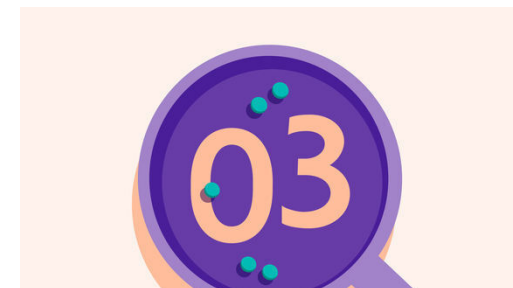
### 1. Prep ingredients

Preheat the oven to 200C, fan-forced. Line a large oven tray with baking paper. Halve the **zucchini** widthwise, then cut lengthwise into thirds. Peel the **sweet potatoes** and cut into 5cm chunks. Finely grate the **parmesan**. Put the **chicken** flat on a board, put your hand on top and halve horizontally into fillets.



### 2. Roast chicken

Put **half the Tuscan seasoning\***, **2 tsp olive oil** and **2 tsp honey** in a large bowl and season with **salt and pepper**. Add the **chicken** and **zucchini** and turn to coat. Put on the lined tray and roast for 10 mins. Scatter with the **sunflower seeds**, then roast for a further 4-5 mins until the chicken is cooked through and the zucchini is tender.



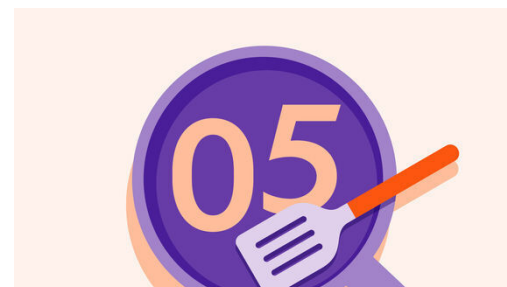
### 3. Cook sweet potato

Meanwhile, put the **sweet potato** in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 12 mins or until tender. Drain, then return to the pan.



### 4. Make parmesan mash

Mash the **sweet potato** until smooth. Add **three-quarters of the parmesan**, **1 tbs milk** and **15g butter**, season with **salt and pepper** and stir until combined.



### 5. Serve up

Divide the **mash**, **chicken**, **zucchini** and **sunflower seeds** among plates. Drizzle with any tray juices, scatter with the **remaining parmesan** and enjoy!



### 6. Make it herby

If you have some on hand in the crisper drawer or veggie garden, scatter with chives, basil or parsley for a burst of freshness.