

DINNERLY



Mediterranean 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 parmesan¹
- chicken breast fillet
- 10g Tuscan seasoning²
- 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 milk¹
- 15g butter¹

TOOLS

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

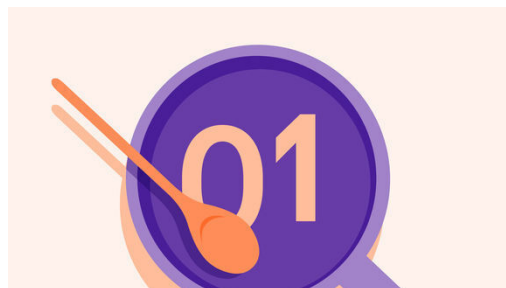
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

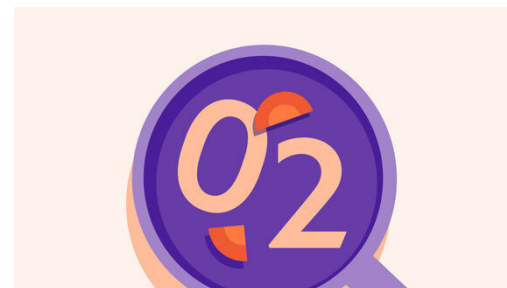
NUTRITION PER SERVING

Energy 590kcal, Fat 25.1g, Carbs 40.1g, Protein 48.7g



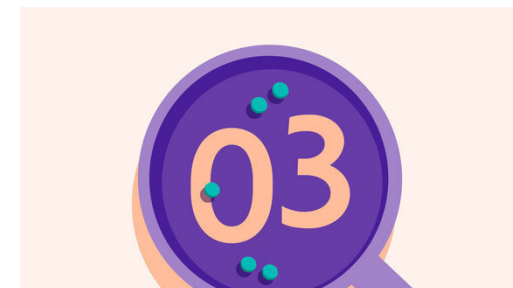
1. Prep ingredients

Preheat the oven to 200C, fan-forced. Line an 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.



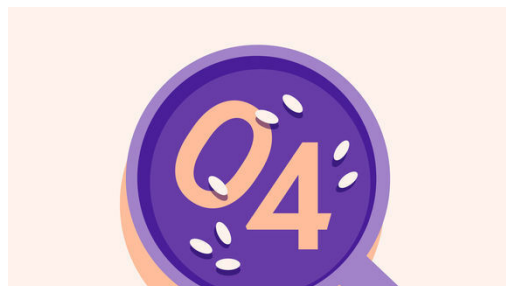
2. Roast chicken

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.



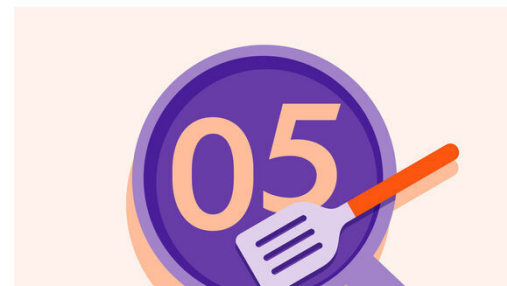
3. Cook sweet potato

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.