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— COOKING MADE EASY

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SHOP MEA

FOOD FUNI

Ingredients

- 1 Baby Marrow
peeled into ribbons
- 1 Sweet Potato Chunks
Cut into bite-size pieces
- 1 Baby Spinach
rinsed
- 1 Free-Range Chicken Drums and Thighs
- 1 Za'atar Spice
- 1 Fresh Mint
rinsed, picked & finely chopped
- 1 Creme Fraiche
- 1 Pesto Princess Harissa Paste
- 1 Lemon
zested & cut into wedges

From Your Kitchen



CHEF'S TIP

Jazz up your dish with some whole mint leaves for garnish.

1. THE ROAST

Preheat the oven to 200°C. Evenly spread out the sweet potato pieces on one side of a roasting tray. Coat in oil, the za'atar spice, and seasoning. Pat the chicken pieces dry with some paper towel and place on the other side of the tray, skin-side up. Coat in oil and season. Roast in the hot oven for 35-45 minutes until everything is cooked through and crispy. In a small bowl, loosen the harissa paste with 15ml of oil. When the roast has reached the halfway mark, give the sweet potato a shift and then baste the chicken pieces with the harissa paste. Return to the oven for the remaining cooking time.

2. MINTY CRÈME

In a small bowl, combine the crème fraîche with two-thirds of the chopped mint and some lemon zest and juice to taste. (Make sure to leave some lemon juice for the salad dressing!) Season to taste and set aside for serving.

3. SALAD

Now to make the salad dressing! In a salad bowl, combine some lemon juice to taste and 50ml of oil. Add in 10ml (or to taste) of a sweetener of choice and mix well. Place the baby marrow ribbons in the salad bowl and toss to coat in the dressing. Just before serving, toss the green leaves together with the baby marrow and dressing.

4. PLATE

Dish up some harissa-roasted chicken and za'atar sweet potato. Serve with the minty crème fraîche and vibrant green salad on the side. Garnish with the remaining chopped mint. Lovely, Chef!

SHOP MEAT

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Cook within: 3 days

Allergens: Sesame Tree Nuts

Dairy Sulphur Dioxide

Allium



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