







More Than Food
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Mexican Tomato Jumble with Spiced Citrus Chicken

Our wonderful greengrocer has sourced these sweet tasting red and yellow cherry tomatoes, which we've combined with nutritious roasted sweet potatoes and the tanginess of lime, to transport you all the way to the Mexican Riviera!

 30 mins

 gluten free

 healthy



Red & Yellow Cherry Tomatoes (1 punnet)



Coriander (3 tbsp)



Sweet Potato (1)



Chicken Breast (2)



Mexican Spice (1½ tsp)



Lime (½)



Feta Cheese (1 block)


2 PEOPLE INGREDIENTS

- Red & Yellow Cherry Tomatoes, halved **1 punnet**
- Coriander, chopped **3 tbsp**
- Sweet Potato, chopped **1**
- Chicken Breast **2**
- Mexican Spice **1½ tsp**
- Lime **½**
- Feta Cheese **1 block**

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	525 kcal / 2201 kJ	15 g	9 g	42 g	16 g	56 g	2 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Cherry tomatoes contain lycopene, an antioxidant that has been shown to lower the risk of both cardiovascular disease and cancer.



1 Pre-heat your oven to 200 degrees. Chop the **tomatoes** in half and roughly chop the **coriander**. Chop the **sweet potato** into 2cm squares (don't peel the nutritious skin).

2 Toss the **sweet potatoes** in a good splash of **olive oil** and a good pinch of **salt** and **pepper**. Place on a baking tray in a single layer and cook on the top shelf of your oven for 20 mins. **Tip:** *The potatoes are ready once they're nice and crispy at the edges.*



3 Place your hand flat on each **chicken breast** and slice into it from the side. **Tip:** *You want to be able to open up the chicken breast like a book (this is called 'butterflying').*

4 Mix the **Mexican spice** with the zest of the **lime** and a good splash of **olive oil**. Roll the **lime** firmly between your hand and the work surface to loosen it up. Cut it in half and squeeze a little **lime** juice into the mixture along with a pinch of **salt** and **pepper**.



5 Rub the **mixture** over your **chicken**. Heat a non-stick frying pan on medium heat. Once hot, cook your **chicken** for around 5 mins on each side until cooked through. You may need to use two pans to cook all the chicken or cook it in batches and keep warm in your oven. **Tip:** *The chicken is cooked once it is no longer pink in the middle.*

6 Toss your **tomatoes** with another good squeeze of **lime** juice and a pinch of **salt** and **pepper**. Toss in your **coriander** and your **sweet potatoes**. Crumble the **feta** and mix it in. Lastly lay your cooked **chicken** on top and get stuck in!



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