







More Than Food
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Quick Chicken with Body Boosting Veggies



This week we've teamed up with Street Child's "Girls Speak Out" Campaign! They're helping at least 10,000 West African girls stay in school and get an education for a brighter future. We couldn't be happier to support them and our very own Dom (who looks after The Granary, where your boxes are packed) cycled all the way to Paris to raise money. You can send them a cheeky monthly donation too: text 'StreetChild £3' or 'StreetChild £10' to 70707 or Visit www.street-child.co.uk/donate



30 mins



Sweet Potato
(1)



Green Pepper
(1)



Red Onion
(½)



Chicken Breast
(2)



Shawarma Spice
(1 tbsp)



Organic Lentils
(1 tin)



Crème Fraîche
(2 tbsp)

Ingredients

2 PEOPLE ALLERGENS

Sweet Potato, chopped	1	
Green Pepper, chopped	1	
Red Onion, chopped	½	
Chicken Breast	2	
Shawarma Spice	1 tbsp	
Organic Lentils	1 tin	
Crème Fraîche	2 tbsp	Milk

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

Did you know...

Chickens were originally domesticated and bred for cockfighting, not as food.

Nutrition per serving: Calories: 663 kcal | Protein: 56 g | Carbs: 91 g | Fat: 11 g | Saturated Fat: 5 g



1 Pre-heat your oven to 200 degrees. Scrub the **sweet potato** but leave the nutritious skin on and chop into roughly 2cm cubes. Cut the core out of the **pepper** and chop the flesh into 2cm cubes. Peel the **red onion** and chop into 2cm cubes.



2 Toss all the vegetables in 1 tbsp of **olive oil**, ¼ tsp of **salt** and a good grind of **pepper**. Lay out on a baking tray and cook on the top shelf of your oven for 20 mins.

3 Sandwich the **chicken breasts** between two pieces of clingfilm (if you have some). Bash the **chicken breasts** with a rolling pin until ½cm thick all over. **Tip:** *If you don't have a rolling pin you can improvise with a heavy saucepan/cricket bat etc.*



4 Rub 1 tsp of **olive oil** onto each **chicken breast**. Mix the **shawarma spice** with a pinch of **salt** and rub over each of the breasts.

5 Heat a large frying pan. Gently lay your **chicken breasts** in and cook on each side for around 4 mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*



6 Drain and rinse the **lentils**. Toss the **lentils** together with the cooked vegetables, ¼ tsp of **salt** and a good grind of **pepper**. **Tip:** *Use the baking tray to toss everything together to save on washing up!*

7 Divide your vegetables between your plates. Cut your **chicken** on the diagonal and lay on top. Finally top with a little **crème fraîche** seasoned with a little pinch of **salt** and **pepper**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!