



More Than Food

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Mexican Tomato Jumble with Spiced Citrus Chicken

Spring seems quite far away, so Patrick decided to create something zingy to kick-start proceedings. Our wonderful greengrocer has sourced these sweet tasting red and yellow 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



healthy



gluten free



Red & Yellow Cherry Tomatoes (1 punnet)



Coriander (3 tbsp)



Sweet Potato (1)



Chicken Breast (2)



Mexican Spices (½ tsp)




Lime (½)



Feta Cheese (1 block)

Ingredients

	2 PEOPLE	ALLERGENS
Red & Yellow Cherry Tomatoes, halved	1 punnet	
Coriander, chopped	3 tbsp	
Sweet Potato, diced	1	
Chicken Breast	2	
Mexican Spices	½ tbsp	
Lime	½	
Feta Cheese	1 block	Milk

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Nutrition per serving: Calories: 358 kcal | Protein: 37 g | Carbs: 24 g | Fat: 12 g | Saturated Fat: 8 g



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

2 Toss the sweet potato in 1 tbsp 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 the oven for 20 mins. **Tip:** *The potatoes are ready once they're nice and crispy at the edges. Make sure you have enough space for all of them. If you're lucky enough to get really big sweet potatoes it may be best to spread across two trays.*

3 Place your hand flat on each chicken breast and slice in half 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 spices with the zest of the lime and 2 tbsp of olive oil. Roll the lime firmly between your hand and the work surface to loosen it up. Cut it in half and squeeze the juice of a quarter of it into the mixture along with a pinch of salt and pepper.

5 Rub the mixture over the chicken. Heat a non-stick frying pan on medium heat with 1 tbsp of olive oil. Once hot, cook the

chicken for around 5 mins on each side until cooked through. You will need to use two pans to cook all the chicken or cook them in batches and keep warm in the oven. **Tip:** *The chicken is cooked once it is no longer pink in the middle*

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



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