



### Product Spotlight: Sweet Potato

Sweet potatoes originated more than 5000 years ago, and they aren't only orange; they can be cream, yellow, pink and purple too!



## Pesto Chicken with Crushed Sweet Potato

Lemon and herb baked chicken on a bed of crushed sweet potato with roast veggies and a cheesy pesto sauce.



25 minutes



2 servings



Chicken

28 April 2023

## Mix it up!

*If you have time, you can thread the veggies onto skewers to make "traffic light" kebabs! Grill them along with the chicken or bake them in the oven.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	57g	32g	64g

## FROM YOUR BOX

SWEET POTATOES	300g
MEDIUM POTATO	1
DICED CHICKEN BREAST	300g
LEMON	1
TOMATO	1
ZUCCHINI	1
YELLOW CAPSICUM	1
PESTO	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

saucepan, oven tray

## NOTES

You can peel the vegetables if preferred.



### 1. COOK THE POTATOES

Set oven to 220°C.

Dice sweet potatoes and potato (see notes). Place in a saucepan and cover with water. Bring to the boil and simmer for 12–15 minutes or until tender (see step 4).



### 4. MASH THE POTATOES

Drain potatoes and return to pan. Mash with a potato masher and season with **salt and pepper**.



### 2. ROAST THE TRAYBAKE

Coat chicken with lemon zest. Wedge tomato, slice zucchini and chop capsicum. Toss on a lined oven tray with **1 1/2 tsp oregano, oil, salt and pepper**. Roast in top part of oven for 15 minutes or until chicken is cooked through.



### 5. FINISH AND PLATE

Divide sweet potato mash, chicken and vegetables among plates. Spoon over pesto to taste and serve with lemon wedge.



### 3. PREPARE THE PESTO SAUCE

Combine pesto with juice from 1/2 lemon (wedge remaining) and **1 tbsp water**.



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