

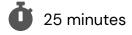




Pesto Chicken

with Crushed Sweet Potato

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





4 servings



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.

PROTEIN TOTAL FAT CARBOHYDRATES 54g

FROM YOUR BOX

SWEET POTATOES	600g
MEDIUM POTATOES	2
DICED CHICKEN BREAST	600g
LEMON	1
CHERRY TOMATOES	1 bag (200g)
CHERRY TOMATOES ZUCCHINI	1 bag (200g) 1
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ZUCCHINI	1

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 potatoes (see notes). Place in a saucepan and cover with water. Bring to the boil and simmer for 15-17 minutes or until tender (see step 4).



2. ROAST THE TRAYBAKE

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



3. PREPARE THE PESTO SAUCE

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



4. MASH THE POTATOES

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



5. FINISH AND PLATE

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





How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on O481 072 599 or send an email to hello@dinnertwist.com.au