



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

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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