DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Sweet Potato

Sweet potatoes retain most of their nutrients after cooking. You don't need to limit them to savoury dishes; because they are naturally sweet, you can use them in muffins, brownies or cakes!

Lemon Chicken
with Sweet Potato Mash

Chicken schnitzels served with sautéed vegetables on mashed sweet potato with a savoury lemon sauce.

Switch it up!

Instead of mashing your sweet potato, cut it into wedges and roast it in the oven at 220ºC for 20–25 minutes or until golden and crispy.

🕙 30 minutes   🍴 2 servings   🍗 Chicken

26 May 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	24g	61g

1. COOK THE SWEET POTATO

Roughly chop sweet potatoes. Add to a saucepan and cover with water. Bring to a boil and cook for 10-12 minutes until softened. Drain and roughly mash with **2 tsp olive oil**. Season with **salt and pepper** (see notes).

2. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **oil.** Trim and halve green beans. Wedge radishes (see notes) and halve cherry tomatoes. Add to pan. Cook for 5-6 minutes or until tender. Zest lemon to yield 2 tsp, stir through. Season with **salt and pepper.**

3. MAKE THE LEMON SAUCE

Meanwhile, heat a second frypan over medium heat. Add **2 tsp butter, 2 tsp olive oil, 1 tbsp water, 2 tsp soy sauce** and juice from 1/2 lemon. Crush in **1 garlic clove.** Cook, whisking, for 1 minute. Remove to a bowl and keep pan over heat.

4. COOK THE CHICKEN

Coat chicken with **oil, salt and pepper.** Increase heat to medium-high. Cook chicken for 4-5 minutes each side or until cooked through.

5. FINISH AND SERVE

Divide mash, vegetables and chicken among plates. Spoon over sauce.