



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 220°C 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

FROM YOUR BOX

SWEET POTATOES	400g
GREEN BEANS	150g
RADISHES	1 bunch
CHERRY TOMATOES	200g
LEMON	1
CHICKEN SCHNITZELS	300g

FROM YOUR PANTRY

oil for cooking, butter, olive oil, salt, pepper, 1 garlic clove, soy sauce (or tamari)

KEY UTENSILS

2 frypans, saucepan

NOTES

If you like an extra creamy mash add milk and butter to taste.

Use radishes to taste. Any leftover radishes can be roasted for a salad, or pickled for sandwiches or poke bowl topping.



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).



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.



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**.



5. FINISH AND SERVE

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



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.



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