




Product Spotlight: Sweet Potato


Sweet potato isn't just for savoury dishes; because of its natural sweetness, you can add it to muffins, brownies or cakes!




Almond Crusted Chicken with Sweet Potato Mash

Chicken schnitzels coated with a herby almond crumb, then cooked until golden and served with sweet potato mash, rocket salad and lemon.

 20 minutes

 2 servings

 Chicken

Mix it up!

You can cut the schnitzels into chicken strips for children. Use fresh thyme, rosemary, parsley or oregano for the crumb and the mash if you like! If you don't want a mash, roast the sweet potatoes instead!

Per serve: **PROTEIN** 38g **TOTAL FAT** 32g **CARBOHYDRATES** 67g

FROM YOUR BOX

SWEET POTATOES	400g
LEMON	1
ALMOND MEAL	1 packet
CHICKEN SCHNITZELS	300g
APPLE	1
CELERY STALK	1
ROCKET LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

You can peel the sweet potatoes for a smoother mash if preferred.

Take care when turning the chicken in the pan to prevent losing too much coating.

Substitute butter with olive oil for a dairy-free mash.



1. COOK THE SWEET POTATOES

Dice **sweet potatoes** (see notes). Place in a saucepan and cover with water. Bring to a boil and simmer for 10–12 minutes or until tender (see step 5).



2. PREPARE THE CHICKEN

Combine **lemon** zest with **1/2 tsp oregano** and **almond meal** on a plate. Season **chicken schnitzels** with **salt and pepper**. Press chicken into almond meal until coated on all sides.



3. COOK THE CHICKEN

Heat a frypan over medium–high heat with **oil**. Cook chicken for 4–5 minutes each side until golden and cooked through (see notes).



4. MAKE THE SALAD

Slice **apple** and **celery**. Toss together with **rocket leaves**. Whisk together juice from 1/4 lemon (wedge remaining) and **1 tbsp olive oil**. Toss through salad.



5. MASH THE SWEET POTATOES

Reserve **1/4 cup cooking water** before draining potatoes. Return potatoes to saucepan. Mash with reserved water and **1/2 tbsp butter** (see notes) and season well with **salt and pepper**.



6. FINISH AND SERVE

Divide sweet potato mash, salad and chicken among plates. Serve with lemon wedges.



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