



Product Spotlight: Ginger

Store your ginger in the freezer! Peel before you store. When you need to use it, it is easier to grate the ginger while it is frozen. Leftover ginger and the peel can be used in tea, stock or poaching liquid for extra flavour.



Ginger Chicken

with Roasted Sweet Potato

A fuss-free, family-friendly dinner of golden roasted sweet potato wedges, colourful stir-fried veggies, and tender ginger-hoisin chicken, all ready in no time!



30 minutes



2 servings



Chicken

Switch it up!

Instead of stir frying the carrot and peas, cut them into veggie sticks for little kids or picky eaters.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	5g	66g

FROM YOUR BOX

SWEET POTATO	400g
GARLIC CLOVE	1
GINGER	1 piece
HOISIN SAUCE	50ml
CARROT	1
SNOW PEAS	150g
CHICKEN SCHNITZELS	300g
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, white wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

Add extra flavour to the wedges with Chinese five spice, smoked paprika, ground cumin or ground coriander.

Remove seeds from chilli for a milder heat or omit for little ones.

Garnish with sesame seeds, peanuts, spring onion green tops or chives.



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1. ROAST THE WEDGES

Set oven to 220°C.

Wedge **sweet potato** and add to a lined oven tray. Toss with **oil, salt and pepper** (see notes). Roast for 25–30 minutes. or until tender and golden.



4. BROWN THE CHICKEN

Reheat frypan over medium-high heat with **oil**. Slice **chicken schnitzels**. Add to the pan and cook over medium-high heat for 3–4 minutes, or until sealed and golden.



2. MAKE THE SAUCE

Crush **garlic** (reserve 1/2 for step 3) and peel and grate **ginger**. Add to a bowl along with **hoisin sauce, 1 tsp cornflour, 1 tsp vinegar and 1 tbsp water**. Mix to combine.



5. ADD THE SAUCE

Add **sauce** to the **chicken** and cook for 2 minutes to warm the **sauce**. Season to taste with **salt and pepper**.



3. STIR FRY THE VEGGIES

Slice **carrot** and trim **snow peas**. Heat a frypan over medium-high heat with **oil**. Add **carrot** and **1/4 cup water** to pan. Cook, covered, for 4 minutes until **carrot** is tender. Add **peas** and **reserved garlic**. Stir fry for 2 minutes. Remove to a bowl and season with **salt and pepper**.



6. FINISH AND SERVE

Slice **chilli**.

Divide **sweet potato wedges** and **stir fry veggies** among plates. Top with **chicken** and **sauce**, garnish with **chilli** (see notes).

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

