




### 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** 34g **TOTAL FAT** 18g **CARBOHYDRATES** 83g

## FROM YOUR BOX

SWEET POTATOES	400g
GARLIC	1 clove
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.



### 1. ROAST THE WEDGES

Set oven to 220°C.

Wedge **potatoes** 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.



### 2. MAKE THE SAUCE

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



### 3. STIR FRY THE VEGGIES

Slice **carrot** and trim **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**.



### 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.



### 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**.



### 6. FINISH AND SERVE

Slice **chilli**.

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



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