



Product Spotlight: Sweet Potato

Sweet potatoes retain most of their nutrients after being cooked.

You don't need to limit them to savoury dishes; because they are naturally sweet, you can add them to muffins, brownies or cakes!



Tarragon Chicken and Chips

Golden chicken schnitzels cooked with tarragon and served with sweet potato chips, fresh garden salad and creamy mayonnaise dipping sauce.



25 minutes



2 servings



Chicken

Spruce it up!

You can add ground cumin or coriander to the sweet potato chips for some added flavour. Coat the chicken with breadcrumbs or cornflakes if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	32g	65g

FROM YOUR BOX

SWEET POTATOES	400g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
TOMATO	1
CHICKEN SCHNITZELS	300g
CREAMY FRENCH DIP	100g

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon

KEY UTENSILS

frypan, oven tray

NOTES

You can dress the salad with your favourite vinaigrette. To make a simple one, whisk together 1 tbsp vinegar or lemon juice with 1 tbsp olive oil.



1. ROAST THE POTATOES

Set the oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



2. PREPARE THE SALAD

Roughly chop lettuce. Slice cucumber and wedge tomato. Toss in a salad bowl (see notes).



3. COOK THE CHICKEN

Heat a frypan with **1/2 tbsp butter** and **1 tsp oil** over medium-high heat. Coat chicken with **1/2-1 tsp dried tarragon, salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.



4. FINISH AND SERVE

Serve sweet potato chips, salad and chicken on plates with dipping sauce.



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