



### 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.



30 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
	39g	15g	50g

## FROM YOUR BOX

SWEET POTATO	400g
FESTIVAL LETTUCE	1
LEBANESE CUCUMBER	1
TOMATO	1
CHICKEN SCHNITZELS	300g
TARRAGON HERB MIX	1 tub
CREAMY FRENCH DIP	100g

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

## 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.

*Tarragon herb mix: dried tarragon, dried rosemary, garlic powder.*



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### 1. ROAST THE POTATOES

Set the oven to 220°C.

Cut **sweet potato** into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 25 minutes until cooked through.



### 4. FINISH AND SERVE

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



### 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 **2 tsp tarragon herb mix, salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.

**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**

