DINNER TWIST
LOCAL, HEALTHY, DELIVERED

**Product Spotlight:
Sweet Potato**

Sweet potatoes are a great source of beta-carotene and vitamins A, B6, and C. They are full of manganese, calcium, potassium, iron and fibre. In other words, they are an excellent choice for healthy eating!

Katsu Chicken Tenderloins
with Sweet Potato Wedges

Quinoa-crumbed katsu chicken tenderloins served on a bun-less burger stack with fresh crunchy veggies, curry mayonnaise and a side of sweet potato wedges.

Extra Serves!

To get extra serves, add buns! Serve the chicken, fresh veg and mayo in burger buns or as sandwiches. Pickle an extra carrot or roast some pumpkin or white potatoes to bulk up the servings.

⏱ 30 minutes 🍴 4 servings 🍗 Chicken

6 October 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	16g	68g

FROM YOUR BOX

SWEET POTATOES	800g
CARROT	1
TOMATOES	2
BABY COS LETTUCE	2-pack
CHIVES	1 bunch
CHICKEN TENDERLOINS	600g
QUINOA FLAKES	1 packet (60g)
CURRY MAYO	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, curry powder, sugar of choice

KEY UTENSILS

large frypan, oven tray

NOTES

Feeling fancy? Toss wedges with mixed sesame seeds and dried chilli flakes for extra flavour.

1. ROAST THE WEDGES

Set oven to 220ºC.

Wedge sweet potatoes. Toss on a lined oven tray with **oil, salt and pepper.** Roast for 20-25 minutes until golden and tender.

2. PREPARE THE COMPONENTS

Julienne carrot using a vegetable peeler. Add to a non-metallic bowl with **1 tbsp vinegar, 2 tsp sugar** and **2 tsp salt**. Toss to combine and set aside.

Slice tomatoes and pull apart lettuce leaves. Finely slice chives.

3. PREPARE THE CHICKEN

Coat chicken with **oil, 2 tsp curry powder, salt and pepper**. Spread quinoa flakes on a plate. Press chicken into flakes to coat on both sides.

4. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil.** Add chicken, in batches if necessary, and cook for 4-5 minutes each side or until cooked through.

5. FINISH AND SERVE

Divide wedges (see notes) among plates. Make bun-less burger stacks with lettuce, tomato slices, chicken, pickled carrot and mayo. Garnish with chives.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**