

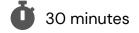




Lemon Chicken

with Sweet Potato Mash

Chicken schnitzels served with sautéed vegetables on mashed sweet potato with a savoury lemon sauce.







Switch it up!

Instead of mashing your sweet potato, cut it into wedges and roast it in the oven at 220°C for 20-25 minutes or until golden and crispy.

TOTAL FAT CARBOHYDRATES

35g

FROM YOUR BOX

SWEET POTATOES	800g
GREEN BEANS	250g
RADISHES	1 bunch
CHERRY TOMATOES	200g
LEMON	1
CHICKEN SCHNITZELS	600g

FROM YOUR PANTRY

oil for cooking, butter, olive oil, salt, pepper, 1 garlic clove, soy sauce (or tamari)

KEY UTENSILS

2 frypans, saucepan

NOTES

If you like an extra creamy mash add milk and butter to taste.



1. COOK THE SWEET POTATO

Roughly chop sweet potatoes. Add to a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until softened. Drain and roughly mash with 1 tbsp olive oil. Season with salt and pepper (see notes).



2. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **oil.** Trim and halve green beans. Wedge radishes and halve cherry tomatoes. Add to pan. Cook for 5-6 minutes or until tender. Zest lemon to yield 2 tsp, stir through. Season with **salt and pepper**.



3. MAKE THE LEMON SAUCE

Meanwhile, heat a second frypan over medium heat. Add 1 tbsp butter, 1 tbsp olive oil, 2 tbsp water, 1 tbsp soy sauce and juice from 1/2 lemon. Crush in 1 garlic clove. Cook, whisking, for 1 minute. Remove to a bowl and keep pan over heat.



4. COOK THE CHICKEN

Coat chicken with oil, salt and pepper. Increase heat to medium-high. Cook chicken for 4-5 minutes each side or until cooked through.



5. FINISH AND SERVE

Divide mash, vegetables and chicken among plates. Spoon over sauce.



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 **O481 072 599** or send an email to **hello@dinnertwist.com.au**



