



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



4 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	TOTAL FAT	CARBOHYDRATES
	34g	18g	75g

FROM YOUR BOX

SWEET POTATOES	800g
GARLIC	2 cloves
GINGER	1 piece
HOISIN SAUCE	50ml
CARROTS	2
SNOW PEAS	250g
CHICKEN SCHNITZELS	600g
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 1 **garlic clove** and peel and grate **ginger**. Add to a bowl along with **hoisin, 2 tsp cornflour, 2 tsp vinegar and 2 tbsp water**. Mix to combine.



3. STIR FRY THE VEGGIES

Slice **carrots**, trim **peas** and crush remaining **garlic**. Heat a frypan over medium-high heat with **oil**. Add **carrots** and **1/4 cup water** to pan. Cook, covered, for 4 minutes until **carrots** are tender. Add **peas** and **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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