






Product Spotlight: Sweet Potato

Sweet potato isn't just for savoury dishes; because of its natural sweetness, you can add it to muffins, brownies or cakes!



Almond Crusted Chicken with Sweet Potato Mash

Chicken schnitzels coated with a herby almond crumb, then cooked until golden and served with sweet potato mash, rocket salad and lemon.

 20 minutes  4/6 servings  Chicken

Mix it up!

You can cut the schnitzels into chicken strips for children. Use fresh thyme, rosemary, parsley or oregano for the crumb and the mash if you like! If you don't want a mash, roast the sweet potatoes instead!

Per serve: **PROTEIN** 44g **TOTAL FAT** 27g **CARBOHYDRATES** 63g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
LEMON	1	2
ALMOND MEAL	80g	80g + 40g
CHICKEN SCHNITZELS	600g	600g + 300g
APPLE	1	2
CELERY STALKS	2	3
ROCKET LEAVES	120g	60g + 120g

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

You can peel the sweet potatoes for a smoother mash if preferred.

Take care when turning the chicken in the pan to prevent losing too much coating.

Substitute butter with olive oil for a dairy-free mash.



1. COOK THE SWEET POTATOES

Dice **sweet potatoes** (see notes). Place in a saucepan and cover with water. Bring to a boil and simmer for 10–12 minutes or until tender (see step 5).



2. PREPARE THE CHICKEN

Combine **lemon zest** with **1 tsp oregano** and **almond meal** on a plate. Season **chicken schnitzels** with **salt and pepper**. Press **chicken** into **almond meal** until coated on both sides.

6P - use **2 tsp oregano** and **zest from 1 lemon**.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook **chicken** for 4–5 minutes each side until golden and cooked through (see notes).

6P - **cook in batches**.



4. MAKE THE SALAD

Slice **apple** and **celery**. Toss together with **rocket leaves**. Whisk together **juice from 1/2 lemon** (wedge remaining) and **1 tbsp olive oil**. Toss through **salad**.

6P - use **juice from 1 lemon** and **2 tbsp olive oil** (wedge remaining lemon).



5. MASH THE SWEET POTATOES

Reserve **1/2 cup cooking water** before draining **potatoes**. Return **potatoes** to saucepan. Mash with **1/3 cup reserved water** and **1–2 tbsp butter** (see notes) and season well with **salt and pepper**.

6P - use **1/2 cup reserved water** and **2–3 tbsp butter** for the mash.



6. FINISH AND SERVE

Slice **chicken**. Divide among plates with **sweet potato mash** and **salad**. Serve with **lemon wedges**.



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