



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



4/6 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
4/6 Person:	39g	5g	65g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
GARLIC CLOVES	2	3
GINGER	1 piece	1 piece
HOISIN SAUCE	50ml	2 x 50ml
CARROTS	2	3
SNOW PEAS	250g	250g + 150g
CHICKEN SCHNITZELS	600g	600g + 300g
RED CHILLI	1	1



1. ROAST THE WEDGES

Set oven to 220°C.

Wedge **sweet 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 sauce, 2 tsp cornflour, 2 tsp vinegar** and **2 tbsp water**. Mix to combine.

6P – crush 2 garlic cloves and peel and grate ginger. Add to a bowl along with hoisin sauce, 3 tsp cornflour, 3 tsp vinegar and 3 tbsp water.



3. STIR FRY THE VEGGIES

Slice **carrots**, trim **snow 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**.

6P – use 1/3 cup water.

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.



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 **sweet potato wedges** and **stir fry veggies** among plates. Top with **chicken and sauce**, garnish with **chilli** (see notes).



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