



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sweet Potatoes

Sweet potatoes are packed with nutrients and fibre. The peel is edible and tastes especially good after roasting, just like in this dish! And better yet? The peel is even richer in nutrients!



## 2 Chicken and Sweet Potatoes with Charred Pineapple

Wholesome, easy, and colourful, this baked chicken, charred pineapple and roasted sweet potato salad ticks all the boxes!

 35 minutes

 2 servings

 Chicken

14 September 2020

### *Baked veg*

*You can roughly chop the spring onions, carrot and red capsicum and add to the tray with the sweet potatoes instead of keeping these veggies fresh.*

## FROM YOUR BOX

CHICKEN BREAST FILLET (SKIN ON)	300g
SPRING ONIONS	1/4 bunch *
SWEET POTATOES	400g
PINEAPPLE SLICES	225g
CONTINENTAL CUCUMBER	1/3 *
RED CAPSICUM	1/2 *
CARROT	1
GEM LETTUCE	2 *
PARSLEY	1/2 bunch *
ROASTED CASHEWS	1 packet (50g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil (for cooking), soy sauce, salt, pepper, red wine vinegar

## KEY UTENSILS

oven tray, oven dish, grill pan

## NOTES



### 1. COOK THE CHICKEN

Set oven to 220°C.

Slash chicken in 3–4 places and place in a lined oven dish. Slice spring onions and sprinkle over chicken with **1/2 tbsp soy sauce, oil and pepper**. Cook for 25 minutes or until golden and cooked through.



### 2. ROAST THE POTATOES

Roughly dice sweet potatoes and toss on a lined oven tray with **oil, salt and pepper**. Place under the chicken and cook for 20 minutes or until tender.



### 3. MAKE THE DRESSING

Drain 1/4 cup pineapple juice into a bowl. Mix with **2 tbsp olive oil, 1 tsp vinegar, 1 tbsp soy sauce and pepper**.



### 4. GRILL THE PINEAPPLE

Heat a grill pan over medium-high heat. Lightly **oil** pineapple rings and char for 1–2 minutes each side (optional). Halve or quarter.



### 5. PREPARE THE SALAD

Halve and slice cucumber and capsicum, julienne (or slice) carrot and separate lettuce leaves.

Roughly chop parsley and cashews.



### 6. FINISH AND PLATE

Slice chicken and divide among plates with sweet potatoes and salad. Drizzle with dressing and sprinkle with parsley and cashews.

**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**

