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!

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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!

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.

🕑 35 minutes　　🍴 4 servings　　🍗 Chicken

14 September 2020

FROM YOUR BOX

CHICKEN BREAST FILLET (SKIN ON)	600g
SPRING ONIONS	1/4 bunch *
SWEET POTATOES	800g
PINEAPPLE SLICES	225g
CONTINENTAL CUCUMBER	1/2 *
RED CAPSICUM	1
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 220ºC.

Slash chicken in 3-4 places and place in a lined oven dish. Slice spring onions and sprinkle over chicken with **1 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.