



**Product Spotlight:
Sweet Potato**

Sweet potatoes retain most of their nutrients after being cooked. You don't need to limit them to savoury dishes; because they are naturally sweet, you can add them to muffins, brownies or cakes!



**Herby Chicken
and Sweet Potato Chips**

Golden chicken schnitzels cooked with dried tarragon and served with sweet potato chips, fresh garden salad and creamy mayonnaise dipping sauce.



25 minutes



2 servings



Chicken

Spruce it up!

You can add ground cumin or coriander to the sweet potato chips for some added flavour. Coat the chicken with breadcrumbs or cornflakes if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	23g	39g

FROM YOUR BOX

SWEET POTATOES	500g
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
TOMATO	1
CHICKEN SCHNITZELS	300g
AIOLI	1 sachet

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon

KEY UTENSILS

frypan, oven tray

NOTES

You can dress the salad with your favourite vinaigrette. To make a simple one, whisk together 1 tbsp vinegar or lemon juice with 1 tbsp olive oil.

Substitute dried tarragon with dried rosemary, thyme or oregano.



1. ROAST THE POTATOES

Set the oven to 220°C.

Cut **sweet potatoes** into **chips** and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



2. PREPARE THE SALAD

Tear and rinse **lettuce leaves**. Slice **cucumber** and wedge **tomato**. Toss in a salad bowl (see notes).



3. COOK THE CHICKEN

Heat a frypan with **1/2 tbsp butter** and **1 tsp oil** over medium-high heat. Coat **chicken** with **1/2-1 tsp dried tarragon** (see notes), **salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.



4. FINISH AND SERVE

Serve **sweet potato chips, salad** and **chicken** on plates with **aioli sauce**.



Scan the QR code to
submit a Google review!

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 **448 042 515** or send an email to **hello@dinnertwist.com.au**

