G

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sweet Potato

Sweet potatoes are naturally sweet, so they are not just for savoury dishes - try adding grated sweet potato 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.

30 minutes | 4/6 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 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	32g/37g	74g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1 kg	1.5kg
FESTIVAL LETTUCE	1	1
LEBANESE CUCUMBER	1	2
TOMATOES	2	3
CHICKEN SCHNITZELS	600g	600g + 300g
AIOLI	1 sachet	2 sachets

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 1-2 tbsp vinegar or lemon juice with 1-2 tbsp olive oil.

Substitute dried tarragon with dried rosemary, thyme or oregano.

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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 20-25 minutes until cooked through.



2. PREPARE THE SALAD

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



3. COOK THE CHICKEN

Heat a frypan with **1-2 tbsp butter** and **1-2 tbsp oil** over medium-high heat. Coat **chicken** with **2-3 tsp dried tarragon** (see notes), **salt and pepper**. Cook in pan for 4-5 minutes each side or until cooked through.



4. FINISH AND SERVE

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

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