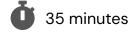






Hawaiian Chicken Loaded Wedges

Sweet potato wedges topped with smoked chicken breast, juicy pineapple pieces, capsicum and melty cheddar cheese. Finished with a sprinkle of sliced spring onions.





4 servings



Spice it up!

You can use smoked paprika, a premade Mexican or Cajun spice mix on the wedges instead of ground paprika if preferred!

PROTEIN TOTAL FAT CARBOHYDRATES

57g

FROM YOUR BOX

SWEET POTATOES	1kg
AVOCADOS	2
LIME	1
TINNED PINEAPPLE PIECES	225g
SMOKED CHICKEN	1 packet
SMOKED CHICKEN SPRING ONIONS	1 packet
	•
SPRING ONIONS	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika

KEY UTENSILS

oven tray, stick mixer or blender

NOTES

Use the toppings and cheese to taste. Any leftovers can be used in a toastiel



1. ROAST THE WEDGES

Set oven to 220°C.

Cut sweet potatoes into wedges and toss on a lined oven tray with **2 tsp paprika**, **oil**, **salt and pepper**. Roast in oven for 20-25 minutes until cooked through (see step 4).



2. PREPARE AVOCADO CREAM

Blend avocados with 1/4 cup water, 1/2 lime zest and juice (wedge remaining) using a stick mixer or blender. Season with salt and pepper. Set aside.



3. PREPARE THE TOPPINGS

Drain pineapple. Slice chicken and spring onions (reserve some green tops for garnish). Dice capsicum (see notes).



4. ASSEMBLE THE WEDGES

Remove wedges from oven and scatter with prepared toppings. Spread cheddar cheese on top. Return to oven for 5-10 minutes until cheese is melted and bubbling.



5. FINISH AND SERVE

Serve loaded wedges, dollop of avocado cream and garnish with spring onion tops.







