



Product Spotlight: Cheddar Cheese

Kitchen 2 Kitchen is WA family owned and operated business. They have years of experience running continental gourmet delis, and know how to select the finest cheeses and antipasto for your family's table.



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.



35 minutes



4 servings



Chicken

Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	32g	57g

FROM YOUR BOX

SWEET POTATOES	1kg
AVOCADOS	2
LIME	1
TINNED PINEAPPLE PIECES	225g
SMOKED CHICKEN	1 packet
SPRING ONIONS	1 bunch
RED CAPSICUM	1
GRATED CHEDDAR CHEESE	1 packet

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 toastie!



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).



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.



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.



5. FINISH AND SERVE

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



3. PREPARE THE TOPPINGS

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



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