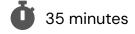






# **Hawaiian Chicken Loaded Wedges**

Sweet potato wedges topped with precooked chicken, 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

26g

#### FROM YOUR BOX

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

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked 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 smoked 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**. Tear **chicken** and slice **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**. Top with **cheddar cheese**. 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**.



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