



Product Spotlight: Sweet Potato

Sweet potato is high in fibre, very filling, and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



Buffalo Chicken

Loaded Sweet Potato Wedges

Roasted sweet potato wedges, loaded with buffalo chicken and vegetables, drizzled with aioli and served with fresh lettuce leaves.



30 minutes



4 servings



Chicken

Switch it up!

Make stuffed potatoes instead of loaded wedges! Halve sweet potatoes and roast until tender, use a fork to press down centre and stuff with chicken filling.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	52g	79g

FROM YOUR BOX

SWEET POTATOES	1kg
SPRING ONIONS	1 bunch
CELERY STICKS	2
TOMATOES	2
SMOKY PRE-COOKED CHICKEN BREAST	1 packet
BUFFALO SPICE MIX	1 packet
TINNED BEANS	400g
AIOLI	2 sachets
BABY COS LETTUCE	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, oven tray

NOTES

For extra flavour, add a drop of your favourite hot sauce, some tomato sauce or a pinch of smoked paprika to the aioli.

Thoroughly wash lettuce to remove hidden sand.

If desired, dress lettuce with olive oil and vinegar.



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1. ROAST THE WEDGES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes, or until tender and golden.



4. PREPARE THE INGREDIENTS

Add aioli to a bowl with **1 tbsp water** (see notes). Mix to combine.

Pull apart lettuce leaves (see notes), tear if desired, and set aside.



2. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Thinly slice spring onions (reserve green tops for garnish) and celery, dice tomatoes. Add to pan as you go and cook for 5 minutes.



3. ADD THE CHICKEN

Roughly tear or cut the chicken. Drain and rinse beans. Add to pan as you go along with spice mix and **1/2 cup water**. Cook for 5 minutes to warm. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide wedges among plate. Load with chicken. Drizzle over aioli and garnish with spring onion green tops. Serve with lettuce leaves.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

