



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
GEM LETTUCE	3-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.

Buffalo spice mix: smoked paprika, ground sweet paprika, onion powder, ground cumin, garlic powder, mustard powder.



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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.



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**.



4. PREPARE THE INGREDIENTS

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

Pull apart **lettuce leaves** (see notes) and set aside.



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.

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