



Product Spotlight: Sweet Potato

Sweet potatoes are a great source of beta-carotene and vitamins A, B6, and C. They are full of manganese, calcium, potassium, iron and fibre. In other words, an excellent choice for healthy eating!



Soy Chicken

with Herby Sweet Potato Mash

Chicken schnitzels cooked in soy sauce and served with nutritious sweet potato mash, charred Asian greens, crunchy veggies and herbaceous mint and lime dressing.



30 minutes



4/6 servings



Chicken

But why?

We recommend leaving the skin on the sweet potato to help speed up your preparation time and for the extra nutritional benefits.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	18g	43g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1kg + 500g
MINT	1 packet	1 packet
LIME	1	2
ASIAN GREENS	1 bunch	1 bunch
CHICKEN SCHNITZELS	600g	600g + 300g
LEBANESE CUCUMBERS	2	3
RED CHILLI	1	1
BEAN SHOOTS	1 bag	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce (or tamari), sweet chilli sauce (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

Substitute sweet chilli sauce with maple syrup, coconut sugar or honey.



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1. COOK & MASH THE POTATO

Roughly chop **sweet potatoes** and place in a saucepan. Cover with **water** and boil for 10 minutes until tender. Drain, return to pan and mash with **2 tbsp olive oil** (add a little water if needed). Season to taste with **salt and pepper**.

6P – mash with 3 tbsp olive oil.



4. COOK THE CHICKEN

Coat **chicken** in **oil**, **1 tbsp soy sauce** and **pepper**. Add to reserved pan and cook for 4–5 minutes each side until cooked through.

6P – Coat chicken in oil, 1 1/2 tbsp soy sauce and pepper.



2. MAKE THE DRESSING

Finely chop **mint leaves**. **Zest and juice lime**. Add to a bowl with **1/4 cup olive oil**, **2 tsp soy sauce**, **2 tsp sweet chilli sauce** and **pepper**. Whisk to combine.

6P – Zest and juice 2 limes. Add to a bowl with **1/3 cup olive oil**, **3 tsp soy sauce**, **3 tsp sweet chilli sauce** and **pepper**.



5. PREPARE THE VEGETABLES

Dice **cucumbers**. Finely slice **chilli**. Set aside with **bean shoots**.



3. COOK THE GREENS

Heat a large frypan over medium-high heat with **oil**. Halve **Asian greens** and add to the pan. Cook for 2 minutes each side until slightly charred. Season with **salt and pepper**. Remove from pan and keep pan over heat.



6. FINISH AND SERVE

Add **sweet potato mash** to a platter along with **cooked greens**, **chicken** and **prepared vegetables**. Drizzle over **dressing** and garnish with **chilli slices**. Serve tableside.

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