



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sweet Potato


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



M4 Southern Chicken Burgers with Sweet Potato Wedges

Herby crumbed chicken schnitzels in a toasted milk bun with crispy lettuce and a creamy ranch sauce, served with a side of smokey sweet potato wedges.

 30 minutes

 4 servings

 Chicken

July - August 2022

FROM YOUR BOX

SWEET POTATOES	800g
LUPIN CRUMB	1 packet (80g)
CHICKEN SCHNITZELS	600g
AVOCADO	1
TOMATOES	2
BABY COS LETTUCE	1
MILK BUNS	4-pack
RANCH SAUCE	1 bottle

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

frypan, oven tray

NOTES

You can season the chicken with some cayenne pepper if you like it spicy!

Any leftover ranch sauce is great tossed through a coleslaw.

No gluten option – milk buns are replaced with gluten-free burger buns.



1. ROAST THE WEDGES

Set oven to 220°C.

Cut sweet potatoes into wedges and toss with **2 tsp paprika, oil, salt and pepper** on a lined oven tray. Roast for 20–25 minutes until golden and cooked through.



4. TOAST THE BUNS

Cut buns in half and toast in oven for 5 minutes.



2. COOK THE CHICKEN

Heat a frypan over medium–high heat and cover base with **oil**. Spread lupin crumb onto a plate. Press chicken onto crumb to coat both sides, add to pan as you go. Cook (in batches) for 4–5 minutes each side until cooked through.



3. PREPARE THE FILLINGS

Meanwhile, slice avocado and tomatoes and thinly shred lettuce. Set aside.



5. FINISH AND SERVE

Assemble milk buns with cooked chicken (slice in half if preferred), fillings of choice and ranch sauce. Serve with sweet potato wedges and remaining sauce for dipping.

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**

