



Product Spotlight: Sweet Potato

Purple-fleshed sweet potato is slightly sweeter than the regular variety but still boasts all the health benefits including antioxidant beta-carotene and anthocyanin.



Chicken Avocado Mojo Bowls

with Mixed Sweet Potato

Smoky chicken meatballs and wedges of colourful sweet potatoes, roasted to crispy perfection, served over an avocado mojo with fresh orange and coriander.



30 minutes



4 servings



Chicken

Skip it!

Want to skip the stick mixer to make the mojo sauce? No worries! Finely chop all the ingredients, add to a bowl and use a fork to mash and combine.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	33g	34g

FROM YOUR BOX

WHITE SWEET POTATOES	600g
ORANGE SWEET POTATO	300g
RED ONION	1
GARLIC CLOVE	1
CHICKEN MINCE	600g
CORIANDER	1 packet
AVOCADO	1
AIOLI	100g
ORANGE	1
TOMATOES	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, smoked paprika

KEY UTENSILS

2 oven trays, stick mixer or small blender

NOTES

We made approximately 10 meatballs. You can make the meatballs larger or smaller, depending on your preference. Increase baking time for large meatballs, or decrease for smaller meatballs. Flip meatballs half way through baking for even colour on all sides.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge potatoes and onion. Toss on a lined oven tray with **oil, 1 tbsp coriander, salt and pepper**. Roast for 20–25 minutes until vegetables are golden and tender.



2. MAKE THE MEATBALLS

Crush garlic. Add to a bowl along with chicken mince, **2 tsp smoked paprika, salt and pepper**. Mix to combine.



3. BAKE THE MEATBALLS

Spoon meatballs (see notes) onto a lined oven tray. Bake for 15–20 minutes until golden and cooked through.



4. MAKE THE AVOCADO MOJO

Use a stick mixer (see cover for notes) to blend coriander roots and stems (reserve leaves for garnish), avocado, aioli, orange zest and juice from 1/2 orange to make a sauce. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Dice tomatoes and slice any remaining orange.

Spoon even amounts of mojo sauce into shallow bowls. Add roasted vegetables, chicken meatballs, tomato and orange. Garnish with reserved coriander 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**

