



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.



35 minutes



4 servings



Chicken

Skip the blending!

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
	27g	35g	48g

FROM YOUR BOX

PURPLE SWEET POTATOES	800g
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

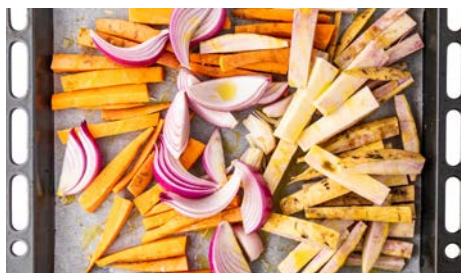
2 oven trays, stick mixer or small blender

NOTES

We made about 10 meatballs, but you can make them larger or smaller to suit your preference. If making larger meatballs, bake for a little longer; if smaller, reduce the baking time. Turn the meatballs halfway through cooking for an even golden colour.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge **sweet potatoes** and **red onion**. Toss on a lined oven tray with **oil**, **2-3 tbsp ground coriander**, **salt and pepper**. Roast for 20-25 minutes until vegetables are golden and tender.



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**, **zest and juice from 1/2 orange** to make a sauce. Season to taste with **salt and pepper**.



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.



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.

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