



Product Spotlight: Sweet Potato

Purple-skinned sweet potatoes have a creamy flesh with a mild, slightly sweet flavour. They roast beautifully, becoming crisp on the outside and soft through the centre.



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



4/6 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
4/6 Person:	38g	31g/36g	75g

FROM YOUR BOX

	4 PERSON	6 PERSON
PURPLE SWEET POTATOES	800g	800g
ORANGE SWEET POTATO	400g	800g
RED ONION	1	1
GARLIC CLOVE	1	2
CHICKEN MINCE	600g	600g + 300g
CORIANDER	1 packet	2 packets
AVOCADO	1	2
AIOLI	100g	2 x 100g
ORANGE	1	2
TOMATOES	2	3

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.

6P – use 3-4 tbsp ground coriander.



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**.

6P – use zest and juice from 1 orange.



2. MAKE THE MEATBALLS

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

6P – add 3 tsp smoked paprika, 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**.



3. BAKE THE MEATBALLS

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

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