



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Streetcorn Chicken

and Sweet Potato Bowl

Spiced chicken tenderloins over roasted sweet potato rounds, topped with a charred corn salsa of diced tomato and aioli.



35 minutes



Chicken



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
CORN COBS	2	3
TOMATO	1	2
AIOLI	1 sachet	2 sachets
CHICKEN TENDERLOINS	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, smoked paprika

NOTES

Add a tin of black beans or kidney beans for extra protein and bulk.

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1. ROAST THE SWEET POTATO

Set oven to 200°C. Slice **sweet potato** into 1cm rounds. Toss on a lined oven tray with **1/2 tbsp smoked paprika, oil, salt and pepper**. Roast for 20–25 minutes, turning halfway, until golden and tender.

6P – use 3 tsp smoked paprika

TIP *You can air fry the sweet potato instead.*

2. MAKE THE STREET CORN SALSA

Cut **corn kernels** from cobs. Heat a dry frypan over high heat. Add corn and cook for 4–5 minutes without stirring, until charred in spots. Transfer to a bowl. Dice **tomato** and add to corn along with **aioli** and toss to combine. Season with **salt and pepper**.

TIP *Add a squeeze of lime or a pinch of chilli flakes from your pantry to the corn salsa for extra zing. Store the salsa in the fridge until serving.*

3. COOK THE CHICKEN

Coat chicken with **1 tbsp ground cumin, oil, salt and pepper**. Cook in a frypan over medium–high heat for 3–4 minutes each side or until cooked through. Remove from pan and roughly chop.

6P – use 1 1/2 tbsp ground cumin.

TIP *Use a pre-made Mexican spice mix or add dried thyme and oregano from your pantry for extra depth. Add a drizzle of honey in the last minute for a sweet glaze.*

4. FINISH AND SERVE

Arrange **sweet potato** rounds among bowls and top with **chicken**. Spoon over **corn salsa** and serve.

TIP *Add sliced jalapeño, grated cheese or a dollop of sour cream from your pantry to serve.*

This recipe has simplified instructions to help lower your meal cost.