



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



e-Recipe only

Create your way by
using your favourite
pantry items from
home.



Roast Chicken and Sweet Potato Salad

Roast chicken breast fillet with cubes of sweet
potato, tomato and mesclun salad.



30 minutes



2 servings



Chicken

FROM YOUR BOX

SWEET POTATOES	400g
CHICKEN BREAST FILLET	300g
TOMATO	1
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can add any extra leftover ingredients you may have to this salad! Feta cheese, olives, avocado, capsicum, roast vegetables or fresh herbs all work well. To bulk it up you can toss a grain or cooked rice through.

1. ROAST THE SWEET POTATO

Set oven to 220°C.

Dice sweet potato and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25 minutes or until cooked through.

TIP *Add a ground spice for extra flavour! You can use ground cumin, smoked paprika or ground coriander.*

2. COOK THE CHICKEN

Coat chicken with seasonings of choice, **oil, salt and pepper**. Roast on a second lined oven tray for 20 minutes until cooked through

TIP *We used a blend of ground paprika and dried thyme on the chicken. You can use a pre-made spice blend, curry paste, harissa or stir-fry sauce to season the chicken.*

3. PREPARE THE SALAD

Wedge tomato. Toss with mesclun leaves and roast sweet potato.

TIP *Dress the salad with your favourite pre-made dressing. Whisk together 1/2 tbsp balsamic vinegar and 1 tbsp olive oil to make a quick vinaigrette.*

4. FINISH AND SERVE

Divide salad among bowls. Slice chicken and arrange on top.