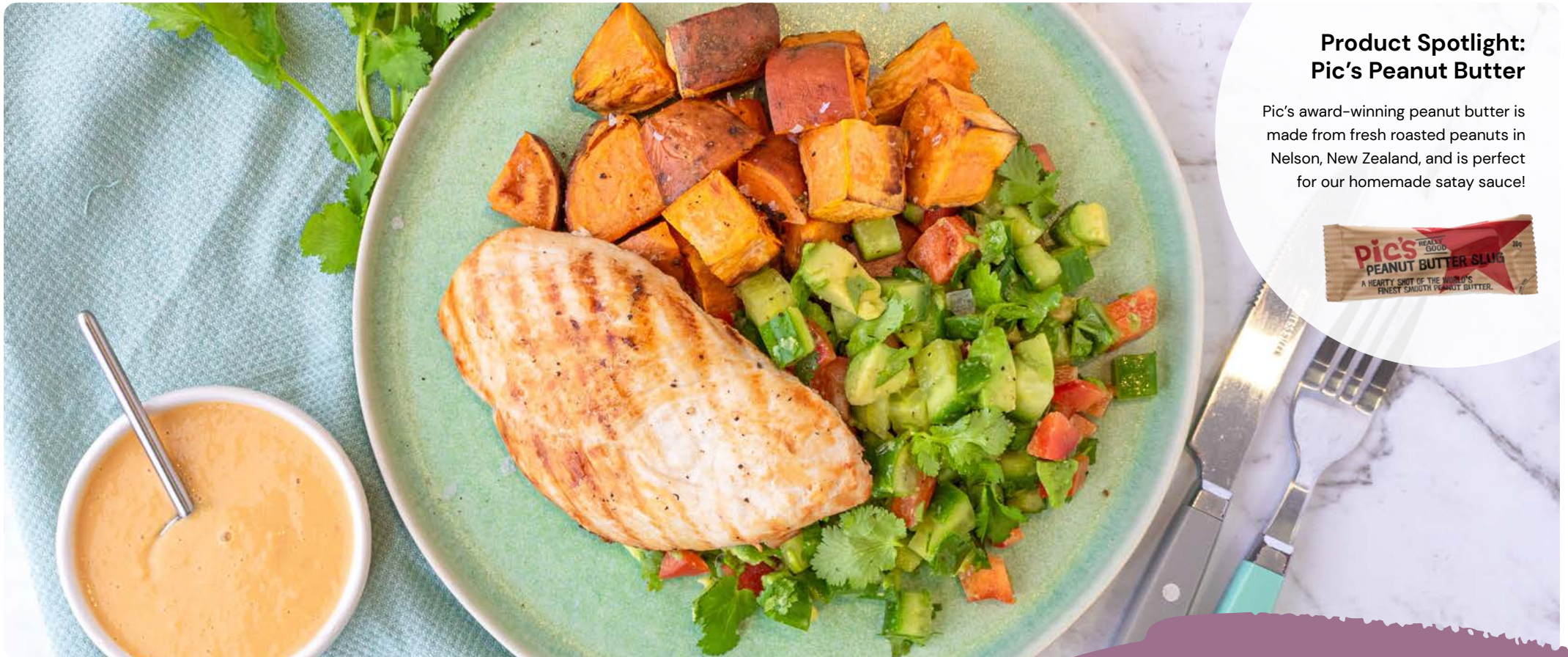




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pic's Peanut Butter


Pic's award-winning peanut butter is made from fresh roasted peanuts in Nelson, New Zealand, and is perfect for our homemade satay sauce!



2 Grilled Chicken with Sweet Peanut Sauce

Roasted sweet potato, flavoursome avocado salsa and grilled chicken paired with a sweet peanut dressing – we love!

 25 minutes

 2 servings

 Chicken

28 September 2020

Make skewers!

Cut chicken into long strips and thread onto skewers for the kids! The Peanut dressing works well as a dip!

FROM YOUR BOX

SWEET POTATOES	400g
CHICKEN SCHNITZELS	300g
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
AVOCADO	1
CORIANDER	1 packet
LIME	1
PINEAPPLE PIECES	225g
PEANUT BUTTER SLUGS	2

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, soy sauce, sweet chilli sauce

KEY UTENSILS

oven tray, large grill or frypan, stick mixer or small food processor

NOTES

Cut the vegetables for the salsa to desired size!
Kids may appreciate them in separate bowls to help themselves.

Veg option - Chicken schnitzels are replaced with 1 packet of roasted pumpkin & chickpea burgers. Cook in a frypan to warm through.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Roughly chop sweet potatoes. Toss on a lined oven tray with **oil and salt**. Roast for 20 minutes or until tender and golden.



2. GRILL THE CHICKEN

Heat a grill pan or barbecue over medium-high heat. Toss chicken schnitzels with **1 tsp soy sauce and oil**. Add to pan and cook for 4-6 minutes on each side or until cooked through.



3. PREPARE THE SALSA

Dice cucumber, capsicum and avocado. Chop coriander. Toss in a bowl with juice from 1/2 lime, **1/2 tbsp olive oil, salt and pepper**.



4. BLEND THE SAUCE

Drain pineapple and place in a jug with **1 tbsp soy sauce, 1 tbsp sweet chilli sauce**, peanut butter and juice from remaining 1/2 lime. Blend into a smooth consistency.



5. FINISH AND SERVE

Serve grilled chicken with roast sweet potatoes, salsa and pineapple sauce.

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**

