



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sweet Potato


Sweet potatoes originated over 5000 years ago...they aren't only orange, they can be cream, yellow, pink and purple too!



## 3 Pesto Chicken with Crushed Sweet Potato

Lemon and herb baked chicken on a bed of crushed sweet potato with roast veggies and a cheesy pesto sauce.

 25 minutes

 2 servings




 Chicken

13 August 2020

## Mix it up!

*If you have a little more time on your hands you can thread the veggies onto skewers to make "traffic light" kebabs! Grill them along with the chicken or bake in the oven.*

## FROM YOUR BOX

SWEET POTATOES	400g
MEDIUM POTATO	1
SLICED CHICKEN BREAST 	300g
LEMON	1
CHERRY TOMATOES	1 bag (200g)
BROCCOLI	1/2 *
YELLOW CAPSICUM	1
PESTO	1 tub
 JERUSALEM ARTICHOKEs	300g
 PINE NUTS	1 packet (40g)

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano


## KEY UTENSILS

oven tray, saucepan

## NOTES

If you prefer the sweet potatoes to be a smooth mash, you can peel them before dicing and boiling. When mashing you can add a dash of milk or some butter.

Any leftover pesto sauce makes a great marinade for roast veggies.

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



### 1. COOK THE POTATOES


Set oven to 220°C.

Dice sweet potatoes and potato (see notes). Place in a saucepan and cover with water. Bring to the boil and simmer for 10-12 minutes or until tender (see step 5).



### 2. PREPARE THE CHICKEN


Coat chicken with zest from 1/2 the lemon, **oil, salt and pepper**. Place on a lined oven tray.

 **VEG OPTION** - Halve Jerusalem artichokes and toss with lemon zest, oil, salt and pepper.



### 3. ROAST THE TRAYBAKE

Halve tomatoes, cut broccoli into small florets and capsicum into chunks. Toss on the tray with **oil, salt and pepper**. Sprinkle **1 tsp oregano** over traybake. Roast for 15 minutes or until chicken is cooked through.

 **VEG OPTION** - Prepare veggies as above and roast on oven tray with artichokes for 15-20 minutes. Toss through pine nuts for the last 2 minutes.



### 4. MAKE THE PESTO SAUCE

Combine pesto with 1/2 lemon juice (wedge remaining) and **1 tbsp water**.




### 5. MASH THE POTATOES

Drain potatoes and return to pan. Mash with a potato masher and season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide sweet potato mash, chicken and vegetables among plates. Spoon over pesto to taste (see notes).

 **VEG OPTION** - Serve roast veggies on potato mash and spoon over dressing.

**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](mailto:hello@dinnertwist.com.au)

