



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

 4 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	800g
MEDIUM POTATOES	2
SLICED CHICKEN BREAST 	600g
LEMON	1
CHERRY TOMATOES	1 bag (200g)
ZUCCHINI	1
YELLOW CAPSICUM	1
PESTO	1 tub
 JERUSALEM ARTICHOKEs	600g
 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.

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



1. COOK POTATOES


Set oven to 220°C.

Dice sweet potatoes and potatoes (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 lemon zest, **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, slice zucchini and chop capsicum. Toss on oven tray with **oil, salt and pepper**. Sprinkle **2 tsp oregano** over traybake. Roast in oven 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.

 **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**

