



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sweet potatoes

Sweet potato isn't just for use in savoury dishes; due to its natural sweetness, you can add it to muffins, brownies or cakes!



## B2 Sweet and Smokey Chicken Bake

A delicious medley of diced chicken, sweet potato, cherry tomatoes and olives tossed with smoked paprika, honey and balsamic, then baked until sweet and sticky and served with fresh Italian leaves.

 35 minutes

 2 servings

 Chicken

7 October 2022

### Spice it up!

*You can add some crushed garlic, fennel seeds, dried chilli flakes or dried Italian herbs to the traybake for flavour!*

## FROM YOUR BOX

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SWEET POTATOES	400g
RED ONION	1
CHERRY TOMATOES	1 packet (200g)
GREEN OLIVES	1 jar
DICED CHICKEN BREAST	300g
ITALIAN SALAD MIX	1 bag (200g)

## FROM YOUR PANTRY

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olive oil, salt, pepper, smoked paprika, balsamic vinegar, honey

## KEY UTENSILS

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oven tray

## NOTES

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If your oven doesn't reach 250°C, you can set it to 220°C and cook the traybake for longer until the potatoes are tender and the chicken is cooked through.

You can use maple syrup instead of honey if preferred.



### 1. PREPARE THE VEGETABLES

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Set oven to 250°C (see notes).

Dice sweet potatoes (2cm) and chop onion. Toss on a lined oven tray with tomatoes and drained olives (use to taste).



### 2. ADD THE CHICKEN

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Add chicken to tray along with **1/2 tbsp honey, 1/2 tbsp smoked paprika, 2 tbsp balsamic vinegar, 2 tbsp olive oil, salt and pepper** (see notes). Toss until coated. Bake in oven for 20–25 minutes until cooked through.



### 3. PREPARE THE SALAD

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Just before serving, whisk together **1 tbsp balsamic vinegar** and **1 tbsp olive oil**. Toss with Italian salad mix (use salad and dressing to taste).



### 4. FINISH AND SERVE

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Serve chicken traybake with a side of leaves.

**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)

