



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!



B4 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

 4 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

SWEET POTATOES	800g
RED ONION	1
CHERRY TOMATOES	2 packets (2 x 200g)
GREEN OLIVES	1 jar
DICED CHICKEN BREAST	600g
ITALIAN SALAD MIX	1 bag (200g)

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray

NOTES

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

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.



2. ADD THE CHICKEN

Add chicken to tray along with **1 tbsp honey, 1 tbsp smoked paprika, 1/4 cup balsamic vinegar, 1/4 cup olive oil, salt and pepper** (see notes). Toss until coated. Bake in oven for 20–25 minutes until cooked through.



3. PREPARE THE SALAD

Just before serving, whisk together **1 tbsp balsamic vinegar** and **1 tbsp olive oil**. Toss with Italian salad mix.



4. FINISH AND SERVE

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

