



Product Spotlight: Sweet Potato


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





Almond Crusted Chicken with Sweet Potato Mash

Chicken schnitzels coated with a herby almond crumb, then cooked until golden and served with sweet potato mash, rocket salad and lemon.

Mix it up!
You can cut the schnitzels into chicken strips for children. Use fresh thyme, rosemary, parsley or oregano for the crumb and the mash if you like! If you don't want a mash, roast the sweet potatoes instead!

 20 minutes

 4 servings

 Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	28g	59g

FROM YOUR BOX

SWEET POTATOES	800g
LEMON	1
ALMOND MEAL	1 packet
CHICKEN SCHNITZELS	600g
APPLE	1
CELERY STALKS	2
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

You can peel the sweet potatoes for a smoother mash if preferred.

Take care when turning the chicken in the pan to prevent losing too much coating.

Substitute butter with olive oil for a dairy-free mash.



1. COOK THE SWEET POTATOES

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



2. PREPARE THE CHICKEN

Combine lemon zest with **1 tsp oregano** and almond meal on a plate. Season chicken schnitzels with **salt and pepper**. Press chicken into almond meal until coated on all sides.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook chicken for 4-5 minutes each side until golden and cooked through (see notes).



4. MAKE THE SALAD

Slice apple and celery. Toss together with rocket leaves. Whisk together juice from 1/2 lemon (wedge remaining) and **1 tbsp olive oil**. Toss through salad.



5. MASH THE SWEET POTATOES

Reserve **1/3 cup cooking water** before draining potatoes. Return potatoes to saucepan. Mash with reserved water and **1 tbsp butter** (see notes) and season well with **salt and pepper**.



6. FINISH AND SERVE

Divide sweet potato mash, salad and chicken among plates. Serve with lemon wedges.



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