




Product Spotlight: Sweet Potato


Sweet potatoes retain most of their nutrients after being cooked. You don't need to limit them to savoury dishes; because they are naturally sweet, you can add them to muffins, brownies or cakes!




Herby Chicken and Sweet Potato Chips

Golden chicken schnitzels cooked with dried tarragon and served with sweet potato chips, fresh garden salad and creamy mayonnaise dipping sauce.

 25 minutes

 4 servings

 Chicken

Spruce it up!

You can add ground cumin or coriander to the sweet potato chips for some added flavour. Coat the chicken with breadcrumbs or cornflakes if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	44g	61g

FROM YOUR BOX

SWEET POTATOES	1 kg
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
TOMATOES	2
CHICKEN SCHNITZELS	600g
AIOLI	100g

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon

KEY UTENSILS

frypan, oven tray

NOTES

You can dress the salad with your favourite vinaigrette. To make a simple one, whisk together 1 tbsp vinegar or lemon juice with 1 tbsp olive oil.

Substitute dried tarragon with dried rosemary, thyme or oregano.



1. ROAST THE POTATOES

Set the oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**.

Roast in oven for 20–25 minutes until cooked through.



2. PREPARE THE SALAD

Tear and rinse lettuce leaves. Slice cucumber and wedge tomatoes. Toss in a salad bowl (see notes).



3. COOK THE CHICKEN

Heat a frypan with **1 tbsp butter** and **1/2 tbsp oil** over medium–high heat. Coat chicken with **1–2 tsp dried tarragon** (see notes), **salt and pepper**. Cook in pan for 4–5 minutes each side or until cooked through.



4. FINISH AND SERVE

Serve sweet potato chips, salad and chicken on plates with aioli sauce.



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