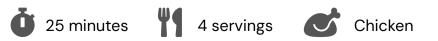


# Product Spotlight: Sweet Potato

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.



# 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.

#### 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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