




### 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!




## Tarragon Chicken and Chips

Golden chicken schnitzels cooked with 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
	40g	31g	66g

## FROM YOUR BOX

SWEET POTATOES	800g
BABY COS LETTUCE	2
LEBANESE CUCUMBER	1
TOMATOES	2
CHICKEN SCHNITZELS	600g
CREAMY FRENCH DIP	2 x 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.



### 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

Roughly chop lettuce. 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, 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 dipping sauce.



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