S

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: White Sweet Potato

White sweet potatoes have a more earthy, nutty sweetness rather than the sugary-sweet flavour of orange-fleshed sweet potatoes.

Peruvian Chicken Tray Bake

with Aji Verde

Peruvian marinated skin-on chicken breast roasted with white sweet potato, capsicum and cherry tomatoes and served with yoghurt-based aji verde.

45 minutes 4/6 servings Chicken

What is it?

Aji Verde is a green chilli sauce from Peru. It is deliciously spicy, creamy and tangy. Traditionally, it is made with coriander, garlic, lime, fresh chillies and mayo, which we have substituted with yoghurt.

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	13g	40g

FROM YOUR BOX

	4 PERSON	6 PERSON
GARLIC CLOVES	2	2
CHICKEN BREAST SKIN-ON	600g	600g + 300g
WHITE SWEET POTATOES	1kg	1.5kg
YELLOW CAPSICUM	1	2
SPRING ONIONS	1 bunch	2 bunches
CHERRY TOMATOES	200g	2 x 200g
CORIANDER	1 packet	2 packets
JALAPEÑO	1	1
NATURAL YOGHURT	1 tub	2 tubs

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, ground cumin, soy sauce (or tamari), red wine vinegar

KEY UTENSILS

oven tray, stick mixer or small blender

NOTES

Remove seeds from jalapeño for a milder flavour. Alternatively, omit jalapeño from the aji verde and slice to serve as desired.

Reserve some coriander leaves and spring onion green tops for garnish.

Can't be bothered getting out the stick mixer? No worries! Finely chop the ingredients and mix them with the yoghurt.



1. MARINATE THE CHICKEN

Set oven to 220°C.

Crush **1 garlic clove** and add to a bowl along with **2 tbsp soy sauce, 1 tbsp paprika, 1 tbsp cumin** and **pepper.** Mix to combine. Halve **chicken** and add to **marinade**. Toss to coat.

6P - use 3 tbsp soy sauce.



2. PREPARE THE TRAY BAKE

Cut **sweet potato** into angular pieces. Roughly chop **capsicum**. Cut **spring onions** into 3cm pieces (reserve green tops for step 4). Toss on a lined oven tray along with **tomatoes**, **oil, salt and pepper.**



3. ROAST THE TRAY BAKE

Place **chicken** on top of the **vegetables**. Drizzle over any **remaining marinade.** Roast for 30-35 minutes until **vegetables** are tender and **chicken** is cooked through.



4. MAKE THE AJI VERDE

Roughly chop **coriander** (including stems and roots) and **jalapeño** (see notes). Add to a jug along with **reserved spring onion green tops, 1 garlic clove, yoghurt, 1 tbsp water, 1 tbsp vinegar, salt and pepper**. Use a stick mixer to blend until smooth.

6P - use 2 tbsp vinegar.



5. FINISH AND SERVE

Serve **tray bake** tableside with **aji verde.** Garnish with any **reserved coriander leaves** and **spring onion green tops**.

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