

# Sweet Chilli Chicken

with sweet potato fries and side salad

Family Quick Cook 25 – 30 mins

23



Diced Chicken Breast



Breadcrumbs



Sweet Potato



Red Wine Vinegar



Salad Leaves



Mayo



Carrot



Sweet Chilli Sauce



Aioli

Pantry Items: Oil, Salt, Pepper, Sugar



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Breadcrumbs	1 pack	2 packs
Sweet Potato	2 units	4 units
Red Wine Vinegar	1 sachet	2 sachets
Salad Leaves	40 g	80 g
Mayo	1 sachet	2 sachets
Carrot	1 unit	2 units
Sweet Chilli Sauce	1 sachet	2 sachets
Aioli	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>572.3 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2991.6 kJ/ 715 kcal	522.7 kJ/ 124.9 kcal
Fat (g)	23.7 g	4.1 g
Sat. Fat (g)	2.6 g	0.5 g
Carbohydrate (g)	89.4 g	15.6 g
Sugars (g)	26.4 g	4.6 g
Protein (g)	37.1 g	6.5 g
Salt (g)	1.6 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Roast the Sweet Potato

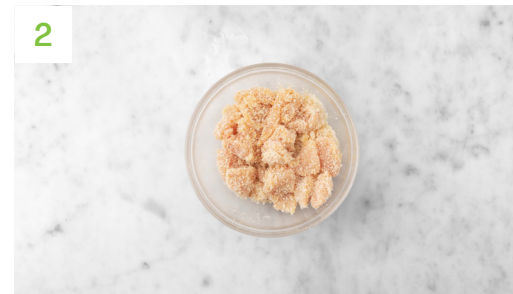
- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** lengthways into 1cm slices, then into 1cm fries (unpeeled).
- Place on a large (lined) baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 20-25 mins. Turn the tray halfway through.

**TIP:** You want them well spaced out to achieve a crispy finish! Use two baking trays if necessary.



### Make the Dressing

- Meanwhile, trim and coarsely grate the **carrot** (no need to peel).
- In a large bowl for the salad, mix together the **vinegar, mayo** and 1 tsp **sugar** (double for 4p).
- Season with **salt** and **pepper**.
- Just before serving, add the **salad leaves** and **carrot** to the bowl with the dressing and toss to coat.



### Coat the Chicken

- Meanwhile, add the **chicken, breadcrumbs** and **half the aioli** to a medium bowl.
- Toss to fully coat each piece of **chicken**.  
**IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **pepper**.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



### Add the Sauce

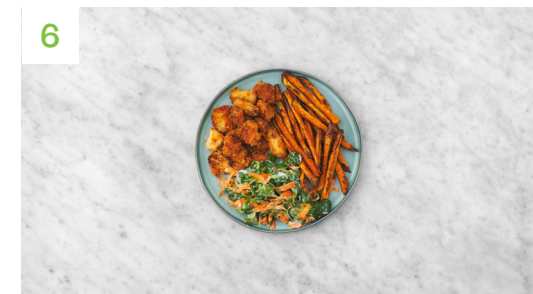
- Toss the cooked **chicken** in the **sweet chilli sauce** and remaining **aioli**.
- Season with a pinch of **salt** and **pepper**.

**TIP:** If cooking for kids you can reduce the heat in this recipe by using less sweet chilli sauce.



### Cook the Chicken

- Arrange the **chicken** in a single layer on a separate lined baking tray.
- Drizzle over 1 tbsp **oil** (double for 4p).
- Bake in the oven until the **chicken** is cooked through and crispy, 16-20 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



### Finish and Serve

- Divide the **sweet chilli chicken** between plates.
- Serve the **sweet potato** fries and **carrot** salad alongside.

**Enjoy!**