



# Sweet Chilli Chicken

with sweet potato fries and side salad

Family Quick Cook 25-30 mins

6



Diced Chicken Breast



Breadcrumbs



Sweet Potato



Red Wine Vinegar



Salad Leaves



Mayo



Carrot



Sweet Chilli Sauce

Pantry Items: Oil, Salt, Pepper, Sugar

## Before you start

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

## Cooking tools you will need

Grater, Baking Sheet with Baking Paper

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Breadcrumbs	1 pack	2 packs
Sweet Potato	300 g	600 g
Red Wine Vinegar	1 sachet	2 sachets
Salad Leaves	40 g	80 g
Mayo	2 sachets	4 sachets
Carrot	1 unit	2 units
Sweet Chilli Sauce	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	442.5 g	100 g
Energy (kJ/kcal)	2366.6 kJ/ 565.6 kcal	534.8 kJ/ 127.8 kcal
Fat (g)	20.9 g	4.7 g
Sat. Fat (g)	4.1 g	0.9 g
Carbohydrate (g)	65.3 g	14.8 g
Sugars (g)	17.9 g	4 g
Protein (g)	29.6 g	6.7 g
Salt (g)	1 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



You can recycle me!



### Roast the Sweet Potato

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm chips (no need to peel).
- Place on a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. You want them well spaced out to achieve a crispy finish.
- When the oven is hot, roast until golden, 25-30 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



### Make the Dressing

- Meanwhile, trim, then grate the **carrot** (no need to peel).
- Mix together **vinegar**, remaining **mayo** and 1 tsp **sugar** (double for 4p) in a large bowl.
- Season with **salt** and **pepper**.



### Prep the Chicken

- Meanwhile, add **chicken**, **breadcrumbs** and 1 tbsp **mayo** (double for 4p) to a medium bowl.
- Toss to coat the **chicken**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Season with **pepper**.



### Add the Sauce

- Toss the cooked **chicken** in the **sweet chilli sauce**.
- Season with **salt** and **pepper**.

**TIP:** To reduce the heat in this recipe you can use less sweet chilli sauce.



### Cook the Chicken

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



### Finish and Serve

- Add the **salad leaves** and **carrot** to the large bowl with the dressing.
- Toss to coat.
- Divide the **chicken**, **sweet potato** and **salad** between plates.

**Enjoy!**