



Sweet Chilli Chicken Tenders

with sweet potato fries and side salad

Family Quick Cook 25-30 mins

6



Diced Chicken Breast



Sweet Potato



Red Wine Vinegar



Salad Leaves



Mayo



Carrot



Sweet Chilli Sauce



Breadcrumbs



Aioli

Pantry Items: Oil, Salt, Pepper, Sugar

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
Sweet Potato	300 g	600 g
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	2 sachets	4 sachets
Breadcrumbs	1 pack	2 packs
Aioli	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	462.5 g	100 g
Energy (kJ/kcal)	2562.6 kJ/ 612.5 kcal	554.1 kJ/ 132.4 kcal
Fat (g)	23.2 g	5 g
Sat. Fat (g)	2.5 g	0.5 g
Carbohydrate (g)	65.8 g	14.2 g
Sugars (g)	18.7 g	4 g
Protein (g)	35.5 g	7.7 g
Salt (g)	1.4 g	0.3 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

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Roast the Sweet Potato

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** lengthways into 1cm slices, then cut 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 need them well spaced out to achieve a crispy finish!
- When the oven is hot, roast until golden, 20-25 mins. Turn halfway through.

TIP: Use two baking trays if needed.



Make the Dressing

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



Coat the Chicken

- Meanwhile, add **chicken**, **breadcrumbs** and **half** the **aioli** 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** and remaining **aioli**.
- Season with a pinch of **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!