





Thai-Roasted Chicken

with Sweet Potato and Tomato Chutney

 30-40min  2 Portions

Sweet potato wedges and juicy chicken breast, slathered in Thai curry spices then roasted, taste utterly delicious. Although the real winner here is maybe that wow-factor tomato relish, rich in lycopene. As is the sweet potato - both are full of immune boosters like vitamins C and A too. Not only is this dish super-easy to whip up, it tastes, once the oven's concentrated all those sweet flavour...

What we send

- red curry paste ⁶
- cumin and coriander spice blend
- sweet potato
- free-range chicken breast fillet
- coriander, spring onion
- cherry tomatoes

What you'll require

- red wine vinegar ¹⁷
- sea salt and pepper
- sugar
- vegetable oil

Utensils

- baking paper
- oven tray
- small frypan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 475kcal, Fat 14.5g, Carbs 39.3g, Proteins 41.2g



1. Roast sweet potatoes

Preheat the oven to 200C. Line 2 oven trays with baking paper. Combine **1 tbs red curry paste** with **1½ tsp vegetable oil** in a medium bowl. Peel the **sweet potato** and cut into thin wedges lengthwise. Toss with the **curry paste mixture** to coat. Put on one oven tray, reserving the bowl. Season with **salt and pepper**. Roast for 25 mins or until golden.



4. Brown chicken

Season the **chicken** with **salt and pepper**. Heat **1 tsp vegetable oil** in a small frypan over medium-high heat. Cook the chicken for 2 mins each side or until golden. Meanwhile, combine **1 tbs red curry paste** (the remaining curry paste won't be used in this dish) with **1½ tsp vegetable oil** in the reserved bowl.



2. Prepare ingredients

Meanwhile, finely chop the **coriander**, keeping the leaves and stems separate. Halve the **tomatoes** and combine in a bowl with **1 tsp red wine vinegar**, **1 tsp sugar**, **½ tsp cumin and coriander spice blend** (the remaining spice blend won't be used in this dish) and the **coriander stems**. Season with **salt and pepper** and toss to coat.



5. Roast chicken and chutney

Transfer the **chicken** to the tray with the tomatoes. Spread the **curry paste mixture** over the chicken, then roast for 10 mins or until the chicken is cooked through.



3. Prepare chutney

Thinly slice the **spring onion**. Add the white part to the tomato mixture and set the green part aside. Spoon the **tomato mixture** over one half of the remaining oven tray.



6. Get ready to serve

Remove the **chicken** from the tray, cover and rest for 5 mins. Meanwhile, roast the **tomatoes** for a further 5 mins or until softened. Thinly slice the chicken. Divide the **roast sweet potato**, **chicken slices** and **tomato chutney** among plates. Scatter over the reserved **spring onion** and **chopped coriander leaves** to serve.