



Thai-Roasted Chicken

with Sweet Potato and Tomato Chutney

 30-40min  4 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

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

What you'll require

- sea salt and pepper
- sugar
- vegetable oil
- vinegar

Utensils

- baking paper
- medium frypan
- oven tray

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

Allergens

Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 465kcal, Fat 14.2g, Carbs 38.5g, Proteins 41.1g



1. Roast sweet potatoes

Preheat the oven to 200C. Line 2 oven trays with baking paper. Combine **half the red curry paste** with **3 tsp vegetable oil** in a large bowl. Peel the **sweet potatoes** 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 **2 tsp vegetable oil** in a medium frypan over medium-high heat. Cook the chicken for 2 mins each side or until golden. Meanwhile, combine **the remaining red curry paste** with **3 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 **2 tsp red wine vinegar**, **2 tsp sugar**, **1 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 onions**. 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** 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.