

# DINNERLY



## Firecracker Chicken with Sweet Potato Wedges



20-30 minutes



2 Servings

Loaded with smoky chipotle chicken tenders, sweet potato wedges and creamy yoghurt, this plate of Americana will be gobbled down in no time at all.

## WHAT WE SEND

- free-range chicken tenderloins
- 1 capsicum
- 20g chipotle in adobo sauce <sup>6</sup>
- 100g Greek-style yoghurt <sup>7</sup>
- 30g pepitas
- 2 sweet potatoes

## WHAT YOU NEED

- barbecue sauce
- olive oil

## TOOLS

- baking paper
- medium frypan with lid
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Soy (6), Milk (7). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 625kcal, Fat 26.4g, Carbs 47.0g, Proteins 46.2g



### 1. Roast veggies

Preheat the oven to 220C. Line an oven tray with baking paper. Peel **sweet potato** and cut into 2cm-thick wedges. Cut **capsicum** into thick wedges, discarding seeds and membrane. Put sweet potato on lined tray, drizzle with **3 tsp olive oil** and season with **salt and pepper**. Roast for 10 mins, then add the capsicum and roast for a further 15 mins or until tender.



### 2. Marinate chicken

Meanwhile, combine the **chipotle** (see Make it yours), **2 tbs barbecue sauce**, **2 tsp red wine vinegar** and **1½ tbs water** in a large bowl. Add the **chicken** and toss to combine.



### 3. Start cooking

Put the **pepitas** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Heat **3 tsp olive oil** in the pan over medium-high heat. Add the **chicken**, reserving the marinade, and cook for 1-2 mins each side until browned.



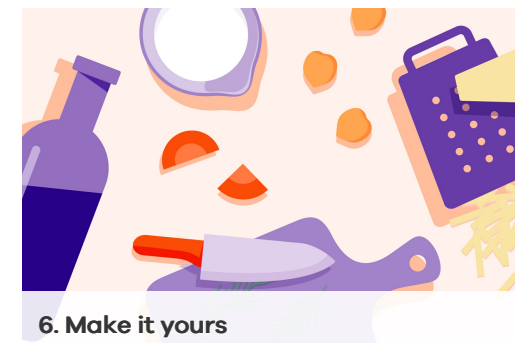
### 4. Finish cooking

Add the **reserved marinade** to the pan, reduce the heat to medium, cover and cook for a further 2-3 mins until the sauce is thickened and the chicken is cooked through. Remove the **chicken** from the pan, add **1 tbs water** and stir to scrape any flavoursome bits from the pan base.



### 5. Serve up

Thickly slice the **chicken**. Divide the **roasted sweet potato** and **capsicum** among plates, top with the **firecracker chicken** and drizzle with the **sauce**. Spoon over the **yoghurt**, scatter with the **pepitas** and enjoy.



### 6. Make it yours

Chipotle is a smoky Mexican chilli sauce. We've recommended this amount for flavour, but if you prefer less heat or if you have little ones who don't like chilli, reduce the amount to taste.