



UCCOOK

Spicy Chipotle Chicken & Sweet Potato

with green beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 291kJ | 1876kJ |
| Energy | 70kcal | 448kcal |
| Protein | 6.3g | 40.4g |
| Carbs | 8g | 52g |
| of which sugars | 4g | 26g |
| Fibre | 2g | 10g |
| Fat | 1g | 6.4g |
| of which saturated | 0.2g | 1.3g |
| Sodium | 103mg | 663.4mg |

Allergens: Allium, Sulphites, Sugar Alcohol (Xylitol)

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | | Sweet Potato Chunk |
| 80g | 160g | Green Beans <i>rinse & cut into thirds</i> |
| 50ml | 100ml | Carb Smart BBQ Sauce |
| 10g | 20g | Chipotle Chillies In Adobo <i>finely slice</i> |
| 5ml | 10ml | Dried Chilli Flakes |
| 150g | 300g | Free-range Chicken Mini Fillets |
| 20g | 40g | Green Leaves <i>rinse & roughly shred</i> |
| 100g | 200g | Cucumber <i>rinse & cut into thin rounds</i> |
| 30ml | 60ml | Lime Dressing <i>(20ml [40ml] Lime Juice & 10ml [20ml] Coconut Sugar)</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. GREEN BEANS Boil the kettle. Fill a pot with boiling water and a pinch of salt, and bring to a boil. Once bubbling rapidly, blanch the green beans for 2-3 minutes until cooked al dente. Drain and run under cold water to stop the cooking process.

3. CHICKEN When the roast has 5-8 minutes to go, in a small bowl combine the BBQ sauce with the chipotle (to taste), and the chilli flakes (to taste). Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final 30-60 seconds, baste with the chipotle sauce. Remove from the pan, season, and set aside.

4. SALAD In a salad bowl, combine the green leaves, the green beans, the cucumber, and the lime dressing, toss to combine, and season.

5. DINNER IS READY Dish up the roast, side with the salad, and the chicken with all the pan juice. Well done, Chef!