



# UCCOOK

## Spicy Chipotle Chicken & Sweet Potato

with green beans

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**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 3

[Serves 4]

|       |       |  |
|-------|-------|--|
| 600g  | 800g  | Sweet Potato Chunks  |
| 240g  | 320g  | Green Beans<br><i>rinse &amp; cut into thirds</i>                                |
| 150ml | 200ml | Carb Smart BBQ Sauce   |
| 30g   | 40g   | Chipotle Chillies In Adobo<br><i>finely slice</i>                                |
| 15ml  | 20ml  | Dried Chilli Flakes  |
| 450g  | 600g  | Free-range Chicken Mini Fillets  |
| 60g   | 80g   | Green Leaves<br><i>rinse &amp; roughly shred</i>                                 |
| 300g  | 400g  | Cucumber<br><i>rinse &amp; cut into thin rounds</i>                              |
| 90ml  | 120ml | Lime Dressing<br><i>(60ml [80ml] Lime Juice &amp; 30ml [40ml] 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, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 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 3-4 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!