



# UCCOOK

## Spicy Chipotle Chicken & Sweet Potato

with green beans

**Hands-on Time:** 35 minutes

**Overall Time:** 50 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 <i>rinse &amp; cut into thirds</i>
150ml	200ml	Carb Smart BBQ Sauce
30g	40g	Chipotle Chillies In Adobo <i>finely slice</i>
15ml	20ml	Dried Chilli Flakes
450g	600g	Free-range Chicken Mini Fillets
60g	80g	Green Leaves <i>rinse &amp; roughly shred</i>
300g	400g	Cucumber <i>rinse &amp; cut into thin rounds</i>
90ml	120ml	Lime Dressing <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!