

UCOOK

BBQ Chicken & Spicy Sweet Potato

with pickled jalapeños & a chive sour cream

Hearty sweet potato halves are oven roasted and topped with cheesy jalapeños. Sided with BBQ-coated chicken pieces and a zesty radish salad. This bright & beautiful dish is finished off with lashings of chive-infused sour cream. A delicious delight!

Hands-on Time: 55 minutes

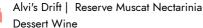
Overall Time: 65 minutes

Serves: 4 People

Chef: Isabella Melck

Fan Faves

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Ingredients & Prep

1kg Sweet Potato
 rinsed & cut in half lengthways 160g Grated Mozzarella &
 Cheddar Cheese

40g Sliced Pickled Jalapeños drained & roughly chopped

10g Fresh Chives rinsed & finely chopped
120ml Sour Cream

80g Salad Leaves rinsed80g Radish

rinsed & sliced into thin rounds

200a Cucumber

200g Cucumber finely diced

1 Lemon

cut into wedges

Free-range Chicken
Breasts
pat dry & cut into 1-2cm
slices

120ml BBQ Sauce

From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper Water

Sugar/Sweetener/Honey Paper Towel Butter

- **1. ROASTED SWEET POTATOES** Preheat the oven to 220°C. Place the sweet potato halves, cut-side up, on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisping up, 50-60
- **2. CHEESY JALAPEÑOS** Place the grated cheese into a bowl and combine with the chopped jalapeños (to taste). Set aside.

minutes.

- 3. CHIVEY, CREAMY DRIZZLE In a small bowl, combine the chopped chives with the sour cream, a drizzle of oil and seasoning. Loosen with
- water in 5ml increments until drizzling consistency. Set aside.
 4. SIMPLE SALAD Place the rinsed leaves in a salad bowl and toss through the radish rounds, diced cucumber, the juice from 4 lemon
- **5. LOADED TATERS** When the sweet potatoes have 10 minutes remaining, remove from the oven and evenly top the potato halves with the jalapeño & cheese mixture. Return to the oven for the remaining time or until the cheese is golden and melted.

wedges, a sweetener, a drizzle of olive oil and seasoning. Set aside.

- 6. BBQ CHICKEN Place a pan (that has a lid) over medium heat with a drizzle of oil. When hot, fry the chicken until golden and through, 1-2 minutes per cooked side. During the final minute, baste the chicken strips with a knob of butter and the BBQ sauce. Remove from the pan, reserving any pan juices, and rest for 5 minutes.
- 7. TIME TO DINE Plate up the cheesy sweet potato halves sided with the BBQ basted chicken and any remaining pan juices. Pile up the fresh salad and drizzle the chive sour cream over everything. Serve any remaining

lemon wedges on the side. Wow, Chef!



Air fryer method: Coat the sweet potato halves in oil and season. Air fry at 200°C until crispy, 35-40 minutes (shifting halfway). Top with the jalapeño & cheese mixture in the final 5 minutes.

Nutritional Information

Per 100g

Energy	445kJ
Energy	106kcal
Protein	7.8g
Carbs	9g
of which sugars	3.9g
Fibre	1.3g
Fat	4.3g
of which saturated	1.8g
Sodium	125mg

Allergens

Dairy, Allium, Sulphites

Cook within 3 Days