



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

 Alvi's Drift | Reserve Muscat Nectarinia
Dessert Wine

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Ingredients & Prep

1kg	Sweet Potato <i>rinsed & cut in half lengthways</i>
160g	Grated Mozzarella & Cheddar Cheese
40g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
10g	Fresh Chives <i>rinsed & finely chopped</i>
120ml	Sour Cream
80g	Salad Leaves <i>rinsed</i>
80g	Radish <i>rinsed & sliced into thin rounds</i>
200g	Cucumber <i>finely diced</i>
1	Lemon <i>cut into wedges</i>
4	Free-range Chicken Breasts <i>patted dry & cut into 1-2cm slices</i>
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 minutes.

2. CHEESY JALAPEÑOS Place the grated cheese into a bowl and combine with the chopped jalapeños (to taste). Set aside.

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

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.

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!



Chef's Tip

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