

QCOOK

Chutney Chicken & Sweet Potato

with a simple sun-dried tomato salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Groote Post Winery | Groote Post Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	515kJ	4303kJ
Energy	123kcal	1028kcal
Protein	7.5g	62.3g
Carbs	11g	94g
of which sugars	7.2g	60.3g
Fibre	1.4g	11.9g
Fat	5.5g	45.6g
of which saturated	1.6g	13.7g
Sodium	109mg	914mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
250g	500g	Sweet Potato Chunks
10g	20g	Almonds <i>roughly chop</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
50ml	100ml	Mrs Ball's Chutney
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
30g	60g	Danish-style Feta <i>drain</i>
50g	100g	Cucumber <i>rinse & cut into rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)

1. ROAST WITH THE MOST Preheat the oven to 200°C. Pat the chicken dry with paper towel. Spread the chicken pieces and the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHUTNEY ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add the chutney and 50ml [100ml] of water. Simmer until slightly reduced, 4-5 minutes. Remove from the heat.

4. ALMOST DONE Once crispy, add the chicken to the onion and chutney sauce. Return to medium heat, mix to combine, and reduce until sticky, 2-3 minutes. Remove from the heat. To a salad bowl, add the salad leaves, the cucumber, the sun-dried tomatoes, the feta, a drizzle of olive oil, and seasoning.

5. SET THE TABLE Plate up the crispy potato and the sticky chutney chicken with all the pan juices. Side with the fresh salad and garnish with the toasted nuts. Well done, Chef!