



UCCOOK

Spicy Chipotle Chicken & Sweet Potato

with green beans

Hands-on Time: 25 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

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 1 [Serves 2]

200g		Sweet Potato Chunk
80g	160g	Green Beans <i>rinse & cut into thirds</i>
50ml	100ml	Carb Smart BBQ Sauce
10g	20g	Chipotle Chillies In Adobo <i>finely slice</i>
5ml	10ml	Dried Chilli Flakes
150g	300g	Free-range Chicken Mini Fillets
20g	40g	Green Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
30ml	60ml	Lime Dressing <i>(20ml [40ml] Lime Juice & 10ml [20ml] 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, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 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 2-3 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!