



UCCOOK

Sweet Potato & Spicy Chipotle Chicken

with green beans

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	296kJ	2023kJ
Energy	71kcal	484kcal
Protein	6g	41g
Carbs	9g	60g
of which sugars	4g	29g
Fibre	2g	11g
Fat	0.9g	6.1g
of which saturated	0.2g	1.4g
Sodium	90.3mg	617.7mg

Allergens: Allium, Sulphites, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
750g	1kg	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized chunks</i>
240g	320g	Green Beans <i>rinse & cut into thirds</i>
125ml	160ml	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 & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into thin rounds</i>
90ml	120ml	Lemon Dressing <i>(60ml [80ml] Lemon Juice & 30ml [40ml] Coconut Sugar)</i>

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray

1. **ROAST** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray with a light coating of cooking spray, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 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 light coating of cooking spray. 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 lemon 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!

Chef's Tip The green beans should turn bright green and still have a slight crunch after blanching.