



## SWEET POTATO CHICKEN WITH LEMON GARLIC

**Nutrition Facts/100 Grams of Chicken:** Calories 355, Protein 29g, Carbs 13g, Fat 21g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 65 min



## INGREDIENTS

Marinated Chicken

Lemon Juice

Marinated Potato and Onions

Coriander Leaves

Spices

Garlic

Virgin Olive Oil

Lemon Juice

# METHOD

1. Preheat oven to 180 C.
2. In a deep oven tray; arrange marinated sweet potatoes & onions (single layer), & place marinated chicken on top. Cover with baking sheet then seal properly with foil.
3. Cook covered for 1 hour.
4. Remove foil & baking sheet, continue cooking uncovered for 20 minutes basting with juices.
5. Turn the top grill on high & continue cooking for 5 minutes or until browned.
6. Turn the chicken and sweet potato pieces over on the other side & cook for a further 5 min or until browned.
7. Add lemon juice and shake gently to distribute evenly, simmer in the oven 5 minutes longer or until potatoes are well cooked but not too mushy.
8. Take out, arrange in serving dish, pour cooking liquids over and sprinkle with coriander leaves. Serve immediately.



**BON APPETIT**