



Did you know, peppers have more vitamin C, gram for gram, than citrus fruit? Twice as much in fact!

Takes: 30 min | Gluten-Free | Equipment Required: Food processor

Cals 520 | Prot 52 | Carbs 49 | Fat 12

Tips For Fussy Eaters

Serve their chicken plain!

Pro Tip

Marinate the chicken for up to 12 hours in advance.

Ingredients For 2 For 3 For 4

Chicken

Chicken breast	400	600	800	Grams
Sweet potatoes	400	600	800	Grams
Salt	0.5	1	1	Tsp
Lime	1	2	2	Piece
Fresh coriander	15	15	30	Grams
Garlic cloves	2	3	4	Piece
Cumin powder	2	2	4	Grams
Olive oil	1	1	2	Tbsp
Greek yogurt	150	150	300	Grams
White onion	1	1	2	Piece
Red pepper	1	2	2	Piece
Cajun spice	2	2	4	Grams



1 Prep potatoes

Preheat the oven to 220°C/ 200°C fan. Peel and chop the **sweet potatoes** into small bite-sized pieces. Place onto an oiled, baking tray with a pinch of **salt**. Toss. Bake for 10 min.



2 Blend marinade

Meanwhile, juice the **lime** directly into a food processor. Roughly chop the **coriander**. Peel and roughly chop the **garlic**. Add the **coriander, garlic, cumin, olive oil, half of the Greek yogurt** and **salt**. Blend until smooth. In a bowl, toss the **chicken breasts** in the **marinade**. Set aside.



3 Prep vegetables

Peel and slice the **onions** into wedges. Chop the **peppers** into bite-sized pieces. Once the **sweet potatoes** have been in the oven for 10 min, add the **onions, pepper** and **cajun spice**. Toss. Top with the **chicken** and bake for 20-25 min or until the **chicken** is cooked through.



4 Serve

Divide the creamy **lime chicken** and **vegetables** amongst plates. Serve the remaining **Greek yogurt** on the side.



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