



# Baked Sweet Potato with BBQ Garlic Chicken

🕒 55–65 Min   

## Preparation

- 1 Preheat the oven to 190 °C (392°F) using the conventional oven setting. Prick the sweet potatoes with a fork, brush them with a little oil and arrange them on a baking tray lined with baking parchment. Bake in the oven for around 50 minutes (depending on how big the potatoes are) until they are soft on the inside.
- 2 Combine all the ingredients for the BBQ marinade.
- 3 Rinse the chicken fillets, pat dry with paper towel and trim if necessary. Rub with the BBQ marinade and fry on both sides in a pan until they gain a nice color. Place in an oven dish and put in the oven with the sweet potatoes for around 15 minutes.
- 4 Wash the arugula and spin until dry. Rinse the cherry tomatoes and cut them in half. Combine all the ingredients for the salad dressing. Wash and roughly chop the parsley.
- 5 Take the chicken breasts out of the oven and use two forks to pull the meat apart. Mix with the juices from the oven dish.
- 6 Cut into the top of the cooked sweet potatoes and open them up. Stuff with the BBQ chicken. Dress the arugula salad and cherry tomatoes and place a nest of arugula on a plate. Dish up the stuffed sweet potatoes on top of this nest. Garnish with the parsley and serve straightaway.

## Ingredients 4 Portions

♦ = Kotányi Produkte

300 g	Chicken breast fillet
4 piece	Sweet potatoes
100 g	Arugula
20 g	Parsley, fresh
100 g	Cherry tomatoes, yellow or red

### For the dressing

3 tbsp.	Olive oil
1 tbsp.	Balsamic vinegar
1 tsp.	Honey
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Whole

### For the BBQ marinade

4 tbsp.	Olive oil
1 tsp.	♦ Paprika, Smoked
1 tsp.	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Whole
1 tsp.	♦ Organic Oregano, Crushed
1 tsp.	♦ Organic Marjoram, Crushed
1 tsp.	♦ Rosemary, Chopped
1 tsp.	♦ Garlic Granules

