

Baked Sweet Potato with BBQ Garlic Chicken

55–65 Min

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

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.

