



CRISPY SWEET POTATO WITH BASIL CHICKEN SALAD

3 portions

INGREDIENTS

- 2 sweet potatoes, raw, chopped (260 g)
- 5 cups of baby spinach leaves, raw (150 g)
- 2 tomatoes, diced (364 g)
- 1/2 avocado, chopped (101 g)
- 1 tbsp Italian herb (3 g)
- 300 grams of chicken breast, cut into strips
- 1 tsp of coconut oil (5 g)
- 1/3 cups of 1 basil leaves, chopped (8 g)
- 2 cloves of garlic, crushed (6 g)
- 1/4 cup of lemon juice, (61 g)
- 2 tbsps of olive oil, (27 g)

COOKING METHOD

- 1° Preheat oven to 180 degrees and line a baking tray with baking paper. Add the sweet potato to the tray and season with salt, pepper and Italian herbs. Bake in the oven for 25 minutes. Remove the tray from the oven and set aside
- 2° Heat coconut oil in a non-stick fry pan over medium temperature and cook the chicken breast with the basil and garlic for 7 minutes
- 3° Combine the spinach, tomato, avocado, chicken and sweet potato in a salad bowl
- 4° Separately combine the dressing ingredients together and pour over the salad
- 5° Divide the salad into three meals. Serve one and refrigerate the remaining meals as leftovers

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (428 g)	% DRI
ENERGY	97 kcal	416 kcal	21 %
FAT	4 g	19 g	30 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	22 %
CHOLESTEROL	24 mg	104 mg	35 %
SODIUM	35 mg	149 mg	6 %
CARBOHYDRATE	7 g	30 g	10 %
SUGARS	2 g	8 g	—
FIBER	2 g	8 g	32 %
PROTEIN	8 g	35 g	—