



eatwise

A simple, quick and tasty dinner. Sweet potatoes are a 'low GI' carbohydrate, meaning they release their energy more slowly than our traditional Irish potatoes and they're loaded with potassium!

Chicken with sweet potatoes and broccoli (serves 3)

1 tablespoon olive oil

1 medium onion (red or white), peeled and chopped

3 medium sweet potatoes (about 350g) peeled and cut into small bite sized chunks

450g chicken breast fillets (or mini fillets) cut into bite sized chunks (about 2cm)

2 cloves garlic, peeled

½tsp chilli powder (optional)

1 tsp each of balsamic vinegar, honey and Worcester (Lea & Perrin's) sauce (OR 3 tsp ready-made barbecue sauce)

½ chicken stock cube dissolved in 125ml boiling water

1 tablespoon tomato puree

2 scallions, finely sliced

1 head of broccoli, cut into florets

1. Prepare all the vegetables ready for cooking and cut up the chicken
2. Heat oil in a large, non-stick pan or wok
3. Add onions, chicken, sweet potato, garlic and chilli powder, stirring until all is well mixed
4. Add balsamic vinegar, honey and Worcester (Lea & Perrin's) sauce (OR 3 tsp ready-made barbecue sauce), stock and tomato puree.
5. Simmer for about 15 minutes, stirring occasionally while you cook broccoli, in a little boiling water or a steamer, to go with it.
6. Sprinkle scallions over and serve with steamed broccoli.