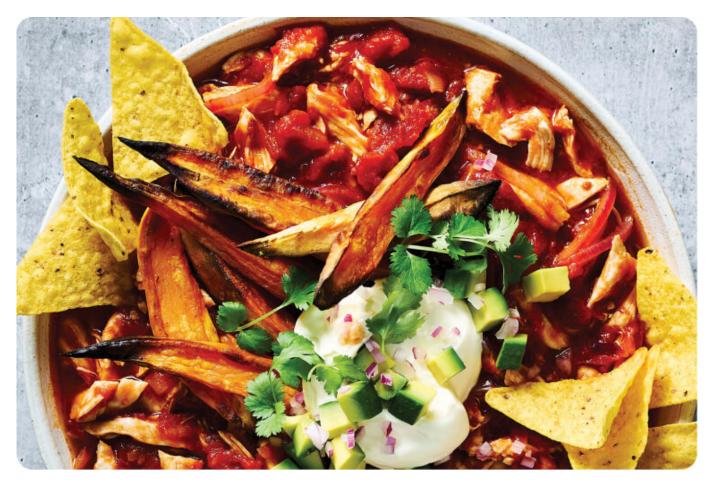
<u>Mexican Chilli Chicken with Sweet Potato</u> <u>Wedges</u>



Spice up your weeknight dinner with this bold and hearty Mexican Chilli Chicken served with golden sweet potato wedges.

Recipe supplied by Ardmona.

Ingredients

1 can Ardmona diced tomatoes 400g
2 tbsp olive oil
1 red onion; 1/2 sliced and 1/2 finely diced
1 1/2 tbsp taco spice mix
MasterFoods chilli flakes, to taste
2 tbsp MasterFoods BBQ sauce
500g chicken tenderloins
750g sweet potato, peeled and cut into 2cm wedges
1 ripe avocado, diced

Salt and pepper, to season Sour cream, to serve Corn chips, optional MasterFoods coriander leaves, to taste

Method:

- Preheat oven to 200°C. Toss sweet potato wedges in 1 tbsp of oil and season with salt and pepper. Spread over a large lined oven tray. Roast for 20 minutes until tender and edges are golden brown.
- Heat remaining oil in a heavy based shallow casserole dish. Sauté sliced onion for 3 minutes, until soft. Stir through taco spice mix and cook for 1 minute.
- 3. Pour in Ardmona Diced Tomatoes and BBQ sauce. Add chilli flakes to taste. Stir together and bring to simmer.
- 4. Nestle chicken tenderloins into sauce mixture. Reduce heat to low, place lid on dish and simmer for 12 minutes or until chicken is cooked through. Remove from heat.
- 5. Using 2 forks, roughly shred chicken in pan and mix through sauce.
- 6. Scoop chilli chicken into a bowl. Dollop with sour cream. Scatter avocado, diced onion and coriander. Serve with sweet potato wedges and corn chips if desired.