

Creamy Paprika Chicken with Sweet Potato Wedges

🍷 2 servings

496 Kcal / serving

47g Protein 12g Fat 52g Carbs

Ingredients

- 2 (400g) - **Sweet potatoes**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 2 (300g) - **Skinless chicken fillets**
- 50g - **Quark**
- 2 - **Garlic cloves**
- ½ teaspoon - **Smoked paprika**
- 200g - **Green beans**
- **Freshly ground black pepper**



The Method

Preheat the oven to 180°C, (350°F), gas mark 4. Peel the sweet potatoes and cut into even-sized wedges. Place in a non-stick baking tray and add two teaspoons of the oil, tossing to coat. Roast for 25-30 minutes until tender and golden brown.

Place the chicken fillets into an ovenproof dish and drizzle over the remaining teaspoon of oil. Place the quark in a bowl. Peel and crush in the garlic cloves. Add the paprika and season with pepper. Spoon over the chicken and bake for 15-20 minutes or until cooked through and tender. Test with a small knife to ensure the chicken is cooked through.

Trim the green beans and cook in a pan of boiling water for 3-4 minutes until tender. Drain.

Arrange the paprika chicken on plates. Add the sweet potato wedges and green beans. Season with pepper to serve.

🌱 Suitable for vegetarians if a plant-based alternative is used instead of chicken