



Spicy Chicken Sweet Potato Skins

What You Need:

- (4 potato halves)
- 2 medium sweet potatoes
- 200g boneless skinless chicken breast (roughly 2 small)
- 3 tbsp olive oil
- 1 and a half tbsp fresh lime juice
- 1 small clove of garlic, minced or grated
- 1 small red pepper (capsicum), chopped into fine slices
 - 1/2 tsp dried oregano
 - 1/2 tsp ground cumin
 - 1 tsp chili flakes (optional)
- sea salt and ground pepper
- 1 and a half cups spinach
- 1/3 cup cheddar cheese grated
- chopped coriander for garnish
- unsweetened natural yogurt for serving (optional)

What to Do:

1. Preheat your oven to 180 degrees C. Wash your sweet potatoes and prick all over with a fork. Place in the oven and bake for 50-60 minutes or until fork tender.
2. Place your chicken in a baking dish and rub chicken with a tbsp of olive oil, salt and pepper. Place red pepper (capsicum) next to chicken or on a separate roasting dish, drizzle with olive oil. Place in the oven with the potatoes and bake for 25 minutes. Allow to cool and shred the chicken with a fork or your hands.
3. When the sweet potatoes are done cut in half and allow to cool for 5-10 minutes.
4. In a medium size bowl combine the olive oil, lime juice, garlic, oregano, ground cumin, chili flakes, salt, and pepper. Set aside.
5. Heat a small skillet over medium heat and wilt the spinach. Toss the spinach and shredded chicken together, set aside and keep warm.
6. Turn the oven up to 200 degrees C. Scrape the sweet potato out of the peel, leaving a medium size layer of flesh inside with the peel so that it can stand up on its own. Mix scooped out flesh in with chicken and spinach mix and place hollowed out sweet potatoes back on baking dish. Brush the skins with a little olive oil and bake for 5-10 minutes until nice and crisp.
7. While the skins bake mix the spinach, chicken, capsicum, and sauce together. Remove skins from the oven and stuff with the chicken mixture, top with grated cheese and bake for 10 minutes or until the cheese has melted and the skins are hot and crisp.
8. Serve with freshly chopped coriander and yogurt if desired.

Sweet, spicy and cheesy, all in one this a winner for some hearty, healthy comfort food. Turn your regular chicken dinner into something of a delight.