

# DINNERLY



## Tamari Sweet Potato & Premade Chicken Cutlet

with Quinoa & Crisp Veggies



30-40min



2 Servings

Just because something is good for you doesn't mean it has to be boring. And the proof is in the pudding, er, sweet potatoes? Anyway, this dish is loaded with healthy stuff we should be eating, like sweet potatoes, quinoa, and veggies. They're extra delicious thanks to a umami-laden tamari and gochujang glaze. Add in a ready to heat chicken cutlet for some deliciously crisp protein. We've got you covered!

## WHAT WE SEND

- 1 sweet potato
- ½ lb snow peas
- 2 (3 oz) white quinoa
- ½ oz tamari soy sauce <sup>4</sup>
- 1 oz gochujang <sup>4</sup>
- ½ lb pkg ready to heat chicken cutlets <sup>1,2,3</sup>
- 1 bag radishes

## WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- white wine vinegar <sup>5</sup>
- sugar

## TOOLS

- rimmed baking sheet
- medium saucepan
- medium skillet

## ALLERGENS

Egg (1), Wheat (2), Milk (3), Soy (4), Sulphites (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

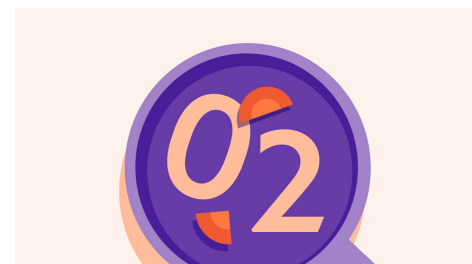
Calories 1080kcal, Fat 49g, Carbs 125g, Protein 35g



### 1. Roast sweet potatoes

Preheat oven to 425°F with a rack in the upper third.

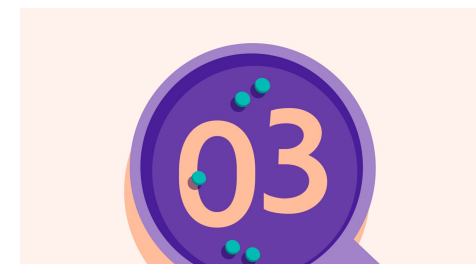
Scrub **sweet potato**, then cut into ½-inch thick rounds. Toss on a rimmed baking sheet with **1 tablespoon oil** and season with **salt and pepper**. Roast on upper oven rack until tender, about 20 minutes. Remove from oven and switch oven to broil.



### 2. Cook snow peas

Meanwhile, bring **4 cups salted water** to a boil in a medium saucepan.

Trim stem ends from **snow peas**, then halve crosswise. Add to boiling water and cook until bright green and crisp tender, about 2 minutes. Drain, rinse with cold water, and drain well again. Set aside for step 5.



### 3. Cook quinoa

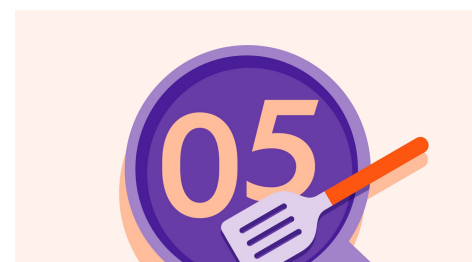
In same saucepan, combine **quinoa, 1 cup water**, and **1 teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Keep covered off heat until ready to serve.



### 4. Glaze & broil potatoes

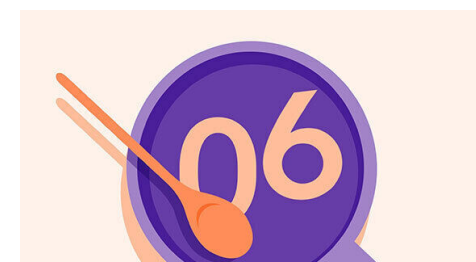
In a medium bowl, whisk **tamari, gochujang, 1 tablespoons each of vinegar and sugar**, and **¼ cup oil**. Season to taste with **salt and pepper**.

Once **sweet potatoes** have roasted for 20 minutes, brush **some of the tamari glaze** on one side. Broil on upper oven rack until lightly caramelized, 3–5 minutes (watch closely as broilers vary).



### 5. CHICKEN CUTLET VARIATION

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **chicken cutlets**; cook until golden brown, crispy, and warmed through, 2–4 minutes per side. Transfer to a paper towel-lined plate. Lightly season with **salt and pepper**.



### 6. Finish salad & serve

Trim **radishes** and very thinly slice. In a medium bowl, toss together **radishes, snow peas**, and **remaining tamari glaze**. Fluff **quinoa** with a fork.

Serve **chicken cutlets, glazed sweet potatoes**, and **snow pea and radish salad** over **quinoa**. Enjoy!