



NUTRITION *per serving* 51g carbohydrates 17g fat 52g protein 480mg sodium | low-calorie, gluten-free, dairy-free, soy-free, nut-free



Calories
562



Prep & Cook Time
45-55 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 16 oz. Sweet Potatoes
- 2 Garlic Cloves
- 2 Green Onions
- 4 oz. Grape Tomatoes
- 1 Persian Cucumber
- 2 oz. Roasted Red Peppers
- 2 Boneless Skinless Chicken Breasts
- 2 oz. Seasoned Rice Vinegar
- 1 tsp. Dried Oregano
- 1 ½ Tbsp. Sambal
- 3 oz. Shredded Red Cabbage

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Grill Pan or Outdoor Grill
- 2 Mixing Bowls

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HOME CHEF

Grilled Chicken with Garlic and Herb Wasakaka Sauce

with sweet potatoes and cucumber salad

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



Bake the Sweet Potatoes

Peel and cut **sweet potatoes** into ½” thick fries. Toss sweet potatoes with 2 Tbsp. **olive oil** and ½ tsp. **salt** on prepared baking sheet. Spread into a single layer and bake 35-40 minutes, or until slightly charred. Turn potatoes with a spatula after 20 minutes. Set aside.



Prepare the Ingredients

Mince **garlic**. Trim and thinly slice **green onions**. Halve **grape tomatoes**. Trim **cucumber** and cut into ¼” rounds. Mince **roasted red pepper**. Rinse **chicken**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



Cook the Chicken

While potatoes cook, warm an outdoor grill or grill pan to medium heat and lightly coat with **cooking spray** (alternatively, use a medium pan). Add **chicken** to hot pan and cook 5-6 minutes per side, or until chicken reaches a minimum internal temperature of 165 degrees. Transfer to a plate and let rest.

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Spice Alert!** Sambal is a paste made of chiles, garlic, ginger, and other spices that adds a potent kick to this dish. Control spice level by using to taste.
- **Heads Up!** The **wasakaka sauce** is used twice. 3 Tbsp. is added to **salad** and remaining garnishes **chicken**.

FROM THE CHEF

Cutting sweet potatoes into evenly sized ½” pieces will help them cook evenly. Help yourself gauge size by using the Home Chef logo on the front side of this card—it’s exactly ½” across!

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place meat on grill so tip points at 10 o’clock. After 2-3 minutes, rotate so tip points at 2, and cook another 2-3 minutes. Repeat on second side. This enhances presentation, allows meat to cook evenly, and gets great char flavor.

Did you know...

Wasakaka is Dominican in origin and shares many of the same ingredients as Argentine chimichurri.



Make the Wasakaka Sauce

Combine **garlic**, **seasoned rice vinegar**, **dried oregano**, half the **sambal**, **green onions**, 1 ½ Tbsp. **olive oil**, and **roasted red peppers** in a mixing bowl. Taste, and add remaining sambal if desired. Season with a pinch of **salt and pepper**.



Make the Salad

Combine **red cabbage**, **cucumbers**, **tomatoes**, and 3 Tbsp. **wasakaka sauce** in a mixing bowl. Toss and season to taste with ½ tsp. **salt** and ¼ tsp. **pepper**.



Plate the Dish

Place **grilled chicken**, **salad**, and **sweet potato fries** on a plate. Spoon remaining **wasakaka sauce** in front of chicken.