

Less than 45 minutes

Serves 4

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Ingredients:

Sweet potato mash:

- 3 large orange or regular sweet potatoes, peeled and chopped
- Grated peel of 2 limes or 1 lemon
- 3 cloves garlic, chopped
- Glug olive oil
- 2 Tbsp (30ml) softened butter
- ½ punnet (10g) fresh coriander or parsley, chopped
- Salt and milled pepper
- 1 cup (250ml) buttermilk
- 2 tsp (10ml) Dijon mustard
- 2 tsp (10ml) paprika
- 2 Tbsp (30ml) chopped parsley
- 4 (about 100g each) chicken breasts, sliced into strips
- Salt and milled pepper
- 3 cups (240g) cornflakes, crushed
- ¼ cup (60ml) grated parmesan (optional)
- Vegetable oil, for frying

Yoghurt dressing:

- 1 cup (250ml) plain double-cream yoghurt
- 1 mini cucumber, grated
- Pinch chilli flakes
- Squeeze of lemon or lime juice
- Salt and milled pepper
- 2 sliced spring onions, for serving (optional)

Method:

1. Preheat oven to 180°C.
2. Place sweet potato, lemon or lime peel and garlic onto a baking tray and drizzle with oil.
3. Toss to coat and roast for 15-20 minutes or until cooked through.
4. Blitz or mash sweet potato until smooth and stir through butter and herbs. Season well.
5. Combine buttermilk, mustard, paprika and parsley in a bowl.
6. Marinate chicken in mixture. Season.
7. Blitz cornflakes and parmesan (if using) and set aside.
8. Heat oil in a large pot for deep-frying.
9. Dip chicken strips individually into cornflake crumbs and deep-fry for 4-6 minutes or cooked through. Drain on kitchen paper.
10. Combine dressing ingredients in a bowl.
11. Serve chicken with sweet potato mash, dollops of yoghurt dressing and garnish with spring onion, if you like.