



## Piri Piri Chicken Pitta With Sweet Potato Wedges

A zesty, flavorful meal featuring tender chicken marinated in spicy piri piri sauce, tucked into a warm pitta bread. Served with crispy sweet potato wedges, this dish delivers a perfect balance of heat and sweetness, making for a satisfying and vibrant meal.

### Nutritional Info

Calories: 625 kcal  
Carbohydrates: 78 g  
Protein: 38 g  
Fat: 15 g

### Ingredients

- Diced chicken breast
- Natural Yoghurt
- Sweet Potato
- Sriracha
- Bell Pepper
- Piri Piri seasoning
- Red Onion
- Wholemeal Pita Bread
- Mixed Leaves

### Your Pantry

- Olive Oil
- Salt
- Pepper

### Allergens

[Milk \(Yoghurt\)](#)

[Wheat \(Wholemeal Pitta Bread\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Preheat the oven to 220°C**

### 2) **Prepare the vegetables and marinade the chicken**

Mix the chicken pieces, half of the spice mix, and a drizzle of oil in a bowl and set aside to marinate. Cut the bell peppers into strips or cubes. Cut the onion in half. Peel and discard the outer skin, then slice each half thinly. Mix the sriracha sauce and yoghurt together in a bowl and set aside.

### 3) **Make the sweet potato wedges**

Cut off and discard the ends of the sweet potatoes and cut them in half. Cut each half into slim wedges. Toss in a good drizzle of olive oil and season with salt & pepper. Transfer to a lined baking sheet, making sure there is space between them. Place in the oven for 25 minutes, tossing/turning them over half way through. Cook until tender and turning crispy

### 4) **Cook the piri piri chicken**

Place a frying pan on medium heat with a drizzle of oil. Add the onions to the pan and cook for 4-5 minutes or until softened and caramelising. Add in the peppers and cook for a further 3-4 minutes or until softened. Transfer to a plate. Return the pan to the heat with another drizzle of oil and once hot, add the chicken. Stir fry for about 4-5 minutes or until cooked through, then add back in the peppers, onions, and remaining spice mix. Cook for a further 1-2 minutes then switch off the heat.

### 5) **Toast the pittas**

Place the pittas in the toaster, turning half way through cooking. Alternatively, you can place them in the oven for a couple of minutes. Once done, use a knife to carefully cut them open (they will be full of hot steam).

### 6) **Plate the dish**

Plate the sweet potatoes. Spread some of the sriracha dressing in the pitta, then fill with the piri piri chicken mix and the salad leaves. Serve and enjoy!



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**