



Gasmate

LOADED SWEET POTATO WITH **BBQ CHICKEN**



Who doesn't love a loaded baked potato!?! Fluffy inside and topped with smokey BBQ chicken, cheese and lots of other goodness. A healthy and satisfying meal for all.

Serves: 4 people
Prep Time: 40 Minutes

4 small	Sweet potatoes – roughly the same size in thickness
600-700g	Chicken tenderloin
1 cup	Smokey BBQ sauce
½ cup	Water
200ml	Sour cream
250g	Shredded tasty cheese
400g packet	Coleslaw packet containing dressing i.e. ranch style dressing
	BBQ sauce as desired for topping
	Salt and pepper to taste
	Olive oil spray
	Aluminum foil

Directions:

1. Heat BBQ grill on medium for direct heat approx 350°C.
2. Wash sweet potatoes and pierce with a fork a few times each and spray with olive oil.
3. Double wrap sweet potatoes individually with aluminium foil (shiny side on inside).
4. Place sweet potato on grill with hood down and turning the sweet potatoes occasionally until tender approx 30-40 minutes depending on thickness.
5. Once sweet potato is soft on the outside and cooked through, remove and set aside until BBQ chicken is cooked.
6. To prepare BBQ chicken, heat a fry pan and spray with olive oil.
7. Season chicken tenderloins with salt.
8. Add chicken to fry pan and lightly brown on each side.
9. Add 1 cup BBQ sauce and ½ of water to fry pan. Mix through, covering all the chicken with BBQ sauce.
10. Bring to a boil and then cover with lid and reduce heat simmering for approx 20 minutes stirring occasionally.
11. Remove lid and using a wooden spoon break chicken so it shreds. If there is liquid cook without lid until most liquid evaporates.
12. Place coleslaw in a bowl, mix through dressing and set aside.
13. Remove sweet potatoes from aluminium foil, cut length ways and place on individual dinner plates.
14. Season with salt and pepper to taste, add sour cream as desired, BBQ chicken (evenly divided), extra BBQ sauce, shredded cheese and coleslaw on each one. Alternatively place all toppings in the middle of the table and let everyone make their own.

Tips & Serving Suggestions:

- Place sweet potatoes back in the BBQ with hood on after the cheese has been added so it melts over the chicken before adding the coleslaw or use a blow torch to melt cheese.
- Sweet potatoes can be swapped out for medium sized potatoes but will take longer to cook approx 50-60 minutes depending on size.
- A bought BBQ chicken can be used – shred it and then heat it in a fry pan with 1 cup of BBQ sauce.

THE OUTDOORS MADE EASY.