

THE SWEET POTATO EDIT / VOL. 002

Spiced Chicken Tenderloins & Roasted Sweet Potato Halves

Nº 004 / 35-45 MIN / 2 SERVINGS

THE INGREDIENTS

- 1 lb chicken tenderloins
- 2 medium sweet potatoes
- 3 cups broccoli florets
- 2 tsp avocado oil, divided
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp paprika
- ¼ tsp black pepper
- ½ tsp seasoned salt, or to taste
- Pinch of cayenne (optional)
- Garlic salt and parsley, to taste

THE METHOD

1. Preheat oven to 400°F. Wash and dry the sweet potatoes, then slice in half lengthwise. Coat lightly with avocado oil and garlic salt.
2. Place halves cut-side down on a baking sheet. Roast 30-40 minutes until tender and caramelized; finish with parsley.
3. Pat chicken tenderloins dry, lightly oil, and coat with garlic powder, onion powder, paprika, black pepper, seasoned salt, and optional cayenne.
4. Air fry in the Ninja CRISPi for approximately 20 minutes, turning as needed and checking for 165°F internally. Tenderloins may finish sooner depending on size.
5. Steam broccoli until tender-crisp. Serve alongside the chicken and sweet potato halves.

EDITOR'S NOTE For deeper flavor, roast the broccoli instead: toss with avocado oil, garlic salt, and black pepper; roast at 425°F for about 15-20 minutes, flipping halfway through.