

Raciones para 2

4 Sweet potatoes

2 Chicken breasts

2 Tablespoons of honey

1 Teaspoon of garlic powder

1/2 Tablespoon of onion powder

1 Tablespoon of sweet paprika

1/2 Tablespoon of cumin

1/4 Cup of hot sauce

1/4 Teaspoon of salt

Mozzarella

200 gr Natural Greek yogurt

1 gr Clove of garlic

1/2 Lemon

Fresh dill

Salt

Pepper

Spring onion

1 Mix the honey, garlic powder, onion powder, sweet paprika, cumin, hot sauce, and salt in a bowl and coat the chicken breasts with this mixture. Place the chicken breasts in a dish and bake using the steam turbo function for approximately 20 minutes. Shred the chicken breasts.

2 Wash the sweet potatoes and poke them several times with a fork or knife. Place the sweet potatoes in a dish and add a pinch of salt. Bake using the conventional steam mode for approximately 40 minutes or until tender.

3 Make a cut in the top of the sweet potato and slightly mash the pulp with a fork. Place the shredded chicken on the sweet potato and cover with grated mozzarella. Bake under the grill until the cheese is golden.

4 Prepare the yogurt sauce by mixing the Greek yogurt, grated garlic clove, juice of half a lemon, chopped fresh dill, salt, and pepper.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/boniatos-rellenos-de-pollo-con-salsa-de-yogur/>

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