

Ainsley Harriott's Seared Chicken with Mango Salsa and Sweet Potato Wedges

Just because you are trying to keep to a healthy diet doesn't mean that food can't taste and look delicious. Don't be afraid of using the knob of butter whilst cooking the chicken fillets - a little goes a long way and it really does help give them a wonderful colour.

Serves 4

900g/2lb even-sized sweet potatoes (orange fleshed if possible)
3 tbsp light olive oil
4 chicken fillets, each about 150g/5oz each
knob of unsalted butter

FOR THE MANGO SALSA:

1 ripe firm mango
1 small red onion, finely chopped
1 red chilli, seeded and finely chopped
2 heaped tbsp chopped fresh herbs (flat leaf parsley, coriander and chives)
juice of 1 lime
Maldon sea salt and freshly ground black pepper

Preheat the oven to 200C/400f/Gas 6. Wash the sweet potatoes and cut them into wedges. Place two tablespoons of the olive oil in a roasting tin with a teaspoon of the salt. Add the sweet potato wedges and toss until they are all well coated in the oil. Bake for 35-40 minutes, turning once until completely tender and lightly golden.

Meanwhile, make the mango salsa. Peel the mango and cut the flesh into 1cm/ ½ in dice. Place in a bowl with the red onion, chilli, herbs and lime juice. Season to taste and set aside at room temperature to allow the flavours to combine.

Heat a large heavy based frying pan over a fairly high heat. Season the chicken fillets generously. Add the remaining tablespoon of olive oil and the butter. When the butter is foaming, add the chicken fillets skin-side down and cook for 6 minutes, making sure they don't brown too much. Turn the chicken fillets over and cook for another 2-4 minutes until just tender, then remove the pan from the heat and leave the chicken to rest in a warm place for 5 to 10 minutes.

To serve, place a pile of the sweet potato wedges on the bottom of each serving plate. Cut the chicken fillets into slices on the diagonal and gently fan out, then arrange on top of the wedges, add a good spoonful of salsa to the side and drizzle the remainder around the edges of each plate.