



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Apple

It is best to leave the skin on when eating apples and pears. Their skin contains an abundance of beneficial nutrients!



B2 Crispy Coconut Chicken Dippers with Sweet Potato Chips

Chicken tenderloins coated with coconut and baked in the oven until crispy, served with golden sweet potato wedges, fresh avocado salsa and sweet chilli mayonnaise for dipping.

 25 minutes

 2 servings

 Chicken

5 August 2022

Change the dip!

If you're not a fan of sweet chilli sauce, you can combine the aioli with lime zest and juice instead! You could also use mango or tomato chutney for a different flavour.

FROM YOUR BOX

SWEET POTATOES	400g
CHICKEN TENDERLOINS	300g
COCONUT MIX	1 packet (30g)
AVOCADO	1
RED APPLE	1
LEBANESE CUCUMBER	1
MINT	1 packet
AIOLI	50g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, sweet chilli sauce

KEY UTENSILS

2 oven trays

NOTES

For a boost of flavour, you can add some ground cumin, coriander or sesame oil to the chicken before coating with coconut.

You can use rice wine vinegar instead of white wine vinegar if you have some.

Coconut mix contains: shredded and desiccated coconut.

Aioli ingredients: Canola Oil (Non GM), Free Range Egg, Honey, Mustard, Garlic (3.7%), White Vinegar, Lemon Juice, Salt



1. COOK THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



2. BAKE THE CHICKEN

Coat chicken with **oil, salt and pepper** (see notes). Press into coconut mix until coated. Place on a lined oven tray and drizzle with **olive oil**. Bake for 15 minutes or until cooked through.



3. PREPARE THE SALSA

Whisk **1/2 tbsp vinegar** (see notes) and **1/2 tbsp olive oil** in a large bowl. Dice avocado, apple and cucumber, adding to bowl as you go. Slice mint leaves. Toss to combine and season with **salt and pepper**.



4. MAKE THE DIPPING SAUCE

Combine **1 tbsp sweet chilli sauce** with aioli. Set aside.



5. FINISH AND SERVE

Serve chicken with salsa, sweet potatoes and sweet chilli dipping sauce.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

