



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mango

Mangoes were first grown in India more than 5,000 years ago. Paisley, the pattern that was first designed there, is based on the shape of a mango.



B2

Cuban Chicken

with Mango Salsa & Garlic Rice

Cumin-rubbed chicken chops cooked on the griddle, on a bed of garlic and lime rice and topped with fresh mango salsa.



25 minutes



2 servings



Chicken

11 November 2022

Spice it up!

You can use a pre-made spice blend if you have one - jerk spice or Cajun spice work well! Add some fresh mint or coriander to the salsa for extra freshness.

FROM YOUR BOX

CHICKEN CHOPS	500g
BASMATI RICE	150g
GARLIC CLOVE	1
LIME	1
MANGO	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
SHALLOT	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, ground cumin

KEY UTENSILS

griddle pan/BBQ or frypan, saucepan with lid

NOTES

To prepare the mango, cut to remove cheeks on each side of the stone. Score inside of cheek, using the tip of a knife, to make a criss-cross pattern. Push through the skin with your fingers and the flesh will come out like a hedgehog. Use a knife to remove the pieces.



1. COOK THE CHICKEN

Heat a griddle pan, frypan or BBQ over medium-high heat. Slash chicken to the bone. Coat with **2 tsp ground coriander, 2 tsp cumin, oil, salt and pepper**. Cook for 8-10 minutes each side or until cooked through.



2. COOK THE RICE

Place rice, 1 crushed garlic clove and **1/4 tsp salt** in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



3. PREPARE THE SALSA

Zest lime (set aside for rice). Dice mango, capsicum and cucumber (see notes). Finely chop shallot. Toss together in a bowl with juice from 1/2 lime (wedge remaining), **salt and pepper**. Set aside.



4. FINISH AND SERVE

Toss lime zest through cooked rice. Serve with chicken, salsa and lime wedges.

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**

