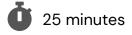




## **Cuban Chicken**

### 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.







# 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	1kg
BASMATI RICE	300g
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, 3 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 1/2 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.



