



Product Spotlight: Lime

Did you know? Seedless limes are classified as parthenocarpic fruit, meaning the flowers don't need pollen to make fruit.

Though some fruits are grown to have no seeds, seedless limes occur naturally!



Smoky Chicken

with Sweet Potato Chips and Lime Coleslaw

Smoky rubbed chicken schnitzels served with corn cobettes, a lime aioli dressed coleslaw and sweet potato chips.



30 minutes



2 servings



Chicken

Switch it up!

You can use a pre-made Cajun, Mexican or jerk spice mix to flavour the chicken if you have some! The chicken and coleslaw can also be served in hamburger buns or wraps!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	32g	50g

FROM YOUR BOX

SWEET POTATO	400g
CHICKEN SCHNITZELS	300g
CORN COB	1
LIME	1
AIOLI	100g
COLESLAW	500g
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried oregano

KEY UTENSILS

oven tray, griddle pan or frypan

NOTES

You can use ground cumin or ground coriander instead of smoked paprika if preferred!

Blanch the corn cobettes, or add to roasting tray with sweet potato if you prefer!

Use coleslaw to taste!



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

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



4. PREPARE THE COLESLAW

Combine **zest and juice from 1/2 lime** (wedge remaining) with **aioli**. Toss together with **coleslaw** until combined (see notes).



2. PREPARE THE CHICKEN

Coat **chicken** with **1/2 tsp smoked paprika, 1 tsp oregano, 1 tbsp oil, salt and pepper** (see notes). Set aside.



3. COOK CORN AND CHICKEN

Heat a griddle pan or frypan over medium-high heat. Cut **corn** into cobettes and coat with **oil, salt and pepper**. Add to griddle pan along with **chicken** (see notes). Cook **chicken** for 4–5 minutes each side, rotating **corn** as you go.



5. FINISH AND SERVE

Arrange **corn, chicken, sweet potatoes** and **coleslaw** on a serving plate. Chop **coriander** and use to garnish. Serve with **lime wedges**.



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