



Product Spotlight: Liberty Chicken

We source our 100% free-range chicken from Mount Barker, WA. It gets deboned and packaged by local business Liberty Chicken.



Mango Chutney Chicken

with Crispy Squashed Potatoes

Mildly spiced chicken schnitzels served with crispy squashed baby potatoes, fresh green salad and a savoury sweet mango chutney sauce.



35 minutes



4 servings



Chicken

Change the Potatoes!

Instead of making squashed potatoes, cut them into wedges or dice before roasting.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	23g	74g

FROM YOUR BOX

BABY POTATOES	800g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
AVOCADO	1
MINT	1 packet
MANGO CHUTNEY	1 jar
CHICKEN SCHNITZELS	600g

FROM YOUR PANTRY

oil for cooking, salt, pepper, garam masala, soy sauce

KEY UTENSILS

oven tray, saucepan with lid, frypan

NOTES

To speed up the cook time, you can cut the potatoes into wedges and roast instead of squashing the potatoes whole.

Use yoghurt or mayonnaise instead of water for a creamier dressing.

You can use ground cumin or curry powder instead of garam masala if preferred.



1. COOK THE POTATOES

Set oven to 250°C (see notes).

Place **potatoes** in a saucepan (halve any larger ones) and cover with water. Bring to a boil, simmer for 15 minutes, or until tender but still firm (continue at step 4)



4. SQUASH THE POTATOES

Drain potatoes, toss with **1-2 tsp garam masala, oil, salt and pepper** on a lined oven tray. Flatten potatoes using the base of a mug or small bowl. Drizzle with more **oil** and roast on top shelf of oven for 10-15 minutes or until crispy.



2. PREPARE THE SALAD

Separate and rinse **lettuce** leaves. Slice **cucumber, avocado** and **mint**. Toss together.

Combine **mango chutney** with **1/2 cup water** for a looser consistency (see notes).



6. FINISH AND SERVE

Serve chicken with squashed potatoes and salad. Spoon over dressing to taste.



3. COOK THE CHICKEN

Coat **chicken** with **1 tsp garam masala, 1 tbsp soy sauce, oil, salt and pepper** (see notes). Cook in a frypan over medium-high heat for 4 minutes.



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