



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.



F2 Jerk Chicken with Mango Salsa and Sweet Potato Wedges

Chicken tenders coated in our custom jerk spice mix and served with sweet potato wedges and a mango salsa that feels like a tropical dream.



25 minutes



2 servings



Chicken

2 December 2022

Less dishes!

Instead of cooking the chicken tenders in a frypan, add them to the oven tray with the wedges for the last 8 minutes of roasting time.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	2g	60g

FROM YOUR BOX

SWEET POTATOES	400g
CHICKEN TENDERLOINS	300g
JERK SPICE MIX	1 sachet
LIME	1
LEBANESE CUCUMBER	1
TOMATO	1
MANGO	1
MINT	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, oven tray

NOTES

Instead of adding lime and mint to the salsa, blend them with olive oil and garlic to make a chimichurri-style sauce.

Serve with chutney of choice or some aioli if you have any.



1. MAKE & ROAST THE WEDGES

Heat oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes, or until tender and golden.



2. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Coat chicken in **oil**, jerk spice mix, **salt and pepper**. Add to pan and cook for 4-5 minutes each side until cooked through.



3. MAKE THE SALSA

Zest lime (see notes). Add to a bowl along with juice from 1/2 lime (wedge remaining). Dice cucumber, tomato and mango. Chop mint leaves. Add to bowl with lime juice and toss to combine. Season to taste with **salt and pepper**.



4. FINISH AND SERVE

Divide wedges among plates. Serve with chicken tenderloins, mango salsa and lime wedges (see notes).

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**

