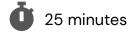


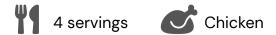
Jerk Chicken with Mango Salsa

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.







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

39g 49g

FROM YOUR BOX

SWEET POTATOES	1 bag (800g)
CHICKEN TENDERLOINS	600g
JERK SPICE MIX	1 sachet
LIME	1
LEBANESE CUCUMBER	1
TOMATOES	2
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, tomatoes 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).





