



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.



F4

## 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



4 servings



Chicken

2 December 2022

## Less dishes!

*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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	1g	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.



### 4. FINISH AND SERVE

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



### 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**.

**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](mailto:hello@dinnertwist.com.au)

