

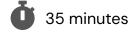




Honey Lime Chicken

with Salsa

Chicken thigh fillets roasted with a honey lime marinade until sticky, with sweet potato and a fresh colourful avocado salsa.







Switch it up!

You can coat the chicken with some Mexican spices to change the flavour of this dish!

PROTEIN TOTAL FAT CARBOHYDRATES

4/6 Person:

35g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	800g	1.2kg
RED ONION	1	1
CHICKEN THIGHS	600g	600g + 300g
LIME	1	2
HONEY	2 shots	1 jar (30g)
AVOCADO	1	2
RED CAPSICUM	1	2
LEBANESE CUCUMBERS	2	3
CHIVES	1 bunch	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

You can use honey, maple syrup or sugar in the dressing if you don't have sweet chilli sauce. Sesame oil can also be used instead of olive oil for extra flavour.





1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut **sweet potato** into 4-5cm pieces. Wedge **red onion**. Toss on a lined oven tray with **oil**, **salt and pepper**.



2. ADD THE CHICKEN

Coat chicken with lime zest, 1 tbsp soy sauce, 2 tbsp oil and honey. Add to tray and roast for 25-30 minutes until cooked through.

6P - use zest from 1 lime, 2 tbsp soy sauce, 2 tbsp oil and honey.



3. PREPARE THE DRESSING

Whisk together juice from 1/2 lime, 1 tbsp sweet chilli sauce, 1 tbsp soy sauce and 2 tbsp olive oil (see notes). Set aside.

6P - Whisk together juice from 1 lime, 2 tbsp sweet chilli sauce, 2 tbsp soy sauce and 3 tbsp olive oil (see notes). Set aside.



4. PREPARE THE SALSA

Dice avocado, capsicum and cucumbers. Slice chives. Toss together.



5. FINISH AND SERVE

Cut remaining lime into wedges.

Top **chicken tray bake** with **salsa**. Spoon over **dressing** to taste and serve with **lime wedges**.





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