



Product Spotlight: Chives

Any leftover chives are delicious in a breakfast omelette! Wrap your chives in a damp paper towel or kitchen towel and store them in a plastic bag or container to prevent them from dehydrating.



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.



35 minutes



4/6 servings



Chicken

Switch it up!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	34g	21g	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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