



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mango

Mangoes were first grown in India over 5,000 years ago. In fact, the paisley pattern which was first developed there, is based on the shape of a mango.



2 Grilled Jerk Chicken with Mango Salad

Summer must be close.....Mango salad is on the menu! Jerk spice rubbed chicken, grilled and served with rice and a mango salad. Finished with a lime and basil dressing.

 30 minutes

 2 servings

 Chicken

22 October 2021

Less spice?

Our jerk spice is not spicy, but if you are worried, leave it off the chicken and season with dried oregano, smoked paprika or your favourite spice mix.

FROM YOUR BOX

BASMATI RICE	150g
CHICKEN THIGH FILLETS	300g
JERK SPICE	1/2 tbsp *
LIME	1
BASIL	1/2 packet (30g) *
MANGO	1
RED CAPSICUM	1/2 *
SUGAR SNAP PEAS	1/2 packet (75g) *
MESCLUN LEAVES	1/2 bag (60g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce, sugar

KEY UTENSILS

grill/frypan, saucepan

NOTES

Use a stick mixer for a smooth dressing.

Add some chilli flakes to the dressing if you like a little heat.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water. Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. COOK THE CHICKEN

Heat a grill/frypan over medium–high heat. Halve chicken thighs, rub with oil and 1/2 tbsp spice mix. Place onto pan and cook for 6–8 minutes each side or until cooked through.



3. MAKE THE DRESSING

Zest lime to yield 1 tsp and juice whole lime. Chop basil and whisk together with lime, **3 tbsp olive oil, 1 tbsp soy sauce and 1/2 tsp sugar**. Season to taste with **pepper, extra soy and sugar** (see notes).



4. MAKE THE SALAD

Dice mango, slice capsicum and sugar snap peas. Toss together with mesclun leaves, **1/2 tbsp olive oil, salt and pepper**.



5. FINISH AND SERVE

Divide rice and chicken among plates. Spoon over dressing to taste and serve with salad.

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**

