



Product Spotlight: Apple

It is best to leave the skin on when eating apples and pears. Their skin contains an abundance of beneficial nutrients!



Crispy Coconut Chicken Dippers with Sweet Potato Chips

Chicken tenderloins coated with coconut and baked in the oven until crispy, served with golden sweet potato wedges, fresh avocado salsa and sweet chilli mayonnaise for dipping.

30 minutes

2 servings

Chicken

Change the dip!

If you're not a fan of sweet chilli sauce, you can combine the aioli with lime zest and juice instead! You could also use mango or tomato chutney for a different flavour.

Per serve: **PROTEIN** 42g **TOTAL FAT** 65g **CARBOHYDRATES** 56g

FROM YOUR BOX

SWEET POTATOES	400g
CHICKEN TENDERLOINS	300g
COCONUT MIX	30g
AVOCADO	1
RED APPLE	1
LEBANESE CUCUMBER	1
MINT	1 packet
AIOLI	100g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, sweet chilli sauce

KEY UTENSILS

2 oven trays

NOTES

For a boost of flavour, you can add some ground cumin, coriander or sesame oil to the chicken before coating with coconut.

You can use rice wine vinegar instead of white wine vinegar if you have some.

Coconut mix: shredded and desiccated coconut.



1. COOK THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



2. BAKE THE CHICKEN

Coat chicken with **oil, salt and pepper** (see notes). Press into coconut mix until coated. Place on a lined oven tray and drizzle with **olive oil**. Bake for 15 minutes or until cooked through.



3. PREPARE THE SALSA

Whisk **1/2 tbsp vinegar** (see notes) and **1/2 tbsp olive oil** in a large bowl. Dice avocado, apple and cucumber, adding to bowl as you go. Slice mint leaves. Toss to combine and season with **salt and pepper**.



4. MAKE THE DIPPING SAUCE

Combine **1 tbsp sweet chilli sauce** with aioli. Set aside.



5. FINISH AND SERVE

Serve chicken with salsa, sweet potatoes and sweet chilli dipping sauce.



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