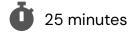


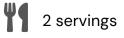


## Jerk Chicken with Mango Salsa

### and Sweet Potato Wedges

Chicken tenders coated in our custom jerk spice mix and served with sweet potato wedges and a mango salsa that tastes like a tropical dream.







# Less dishes!

Instead of cooking the chicken tenders in a frypan, add them to the oven tray with the wedges for the last 8 minutes of roasting time.

TOTAL FAT CARBOHYDRATES

60g

#### **FROM YOUR BOX**

SWEET POTATOES	400g
CHICKEN TENDERLOINS	300g
JERK SPICE MIX	1 sachet
LIME	1
LEBANESE CUCUMBER	1
ТОМАТО	1
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 aioli if you have some.



#### 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.



#### 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, tomato and mango. Chop mint leaves. Add to bowl with lime juice and toss to combine. Season to taste with salt and pepper.



#### 4. FINISH AND SERVE

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





