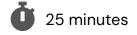


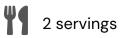


Jerk Chicken with Mango Salsa

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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

36g 6g

38g

FROM YOUR BOX

SWEET POTATO	400g
CHICKEN TENDERLOINS	300g
JERK SPICE MIX	1 sachet
LEBANESE CUCUMBER	1
ТОМАТО	1
MANGO	1
MINT	1 packet
LIME	1

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.

Jerk Spice mlx: cumin, paprika, brown sugar, garlic powder, dried parsley, nutmeg and cinnamon.





1. MAKE & ROAST THE WEDGES

Heat oven to 220°C.

Cut **sweet potato** 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

Meanwhile, dice cucumber, tomatoes and mango, chop mint. Add to a bowl along with zest and juice from 1/2 lime (wedge remaining). Toss to combine, then season with salt and pepper.



4. FINISH AND SERVE

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





