



### Product Spotlight: Mango

Mangoes were first grown in India more than 5,000 years ago. Paisley, the pattern that was first designed there, is based on the shape of a mango.



## 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.



25 minutes



2 servings



Chicken

## 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.*

Per 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
TOMATO	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 mix: 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).



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