



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



4/6 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	39g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
CHICKEN TENDERLOINS	600g	600g + 300g
JERK SPICE MIX	1 sachet	2 sachets
LEBANESE CUCUMBER	1	2
TOMATOES	2	3
MANGO	1	2
MINT	1 packet	2 packets
LIME	1	2

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.



Scan the QR code to
submit a Google review!



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.



4. FINISH AND SERVE

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



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**.

6P - Add **zest and juice from 1 lime**.
Wedge remaining 1 lime for serving.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

