



Product Spotlight: Mango

To prepare, cut to remove mango cheeks on each side of the stone. Score inside of cheek, using the tip of the knife, to make a criss-cross pattern. Push through the skin with your fingers and the flesh will come out like a hedgehog.



Curried Chicken Wings

with Mango Salad

Chicken wings coated in GH Produce's family-friendly island curry mix, and roasted to golden perfection. Served with fluffy basmati rice, refreshing mango and capsicum salad, and cooling mint yoghurt.



35 minutes



Chicken



2 servings

Switch it up!

For extra flavour and creaminess, you can add a tin of coconut milk when cooking the rice.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	75g	41g	74g

FROM YOUR BOX

CHICKEN WINGETTES	600g
ISLAND CURRY SPICE MIX	1 packet
BASMATI RICE	150g
NATURAL YOGHURT	170g
MINT	60g
LEBANESE CUCUMBER	1
TOMATO	1
RED CAPSICUM	1
SHALLOT	1
LIME	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

saucepan, oven tray

NOTES

Use shallot to taste. Soak sliced shallots in cold water for 10–15 minutes, and drain before eating. This keeps their crunch but takes away the sting.

Toss in avocado or shredded carrot to the mango salad for colour and texture.



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1. BAKE THE WINGS

Set oven to 220°C.

Toss **wingettes** on a lined oven tray with **oil, island curry spice mix, salt and pepper**. Roast in the upper part to the oven for 25–30 minutes or until cooked through.



4. MAKE THE SALAD

Dice **cucumber, tomato, capsicum** and **shallot** (see notes). Toss in a bowl along with **zest and juice from 1/2 lime** (wedge remaining), **salt and pepper**.



2. COOK THE RICE

Place **rice** in a saucepan and cover with **300ml water** (see cover note). Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



3. MAKE THE MINT YOGHURT

Finely chop **1/2 bunch mint leaves** (reserve remaining for garnish). Add to a bowl along with **yoghurt, salt and pepper**. Mix to combine and set aside in the fridge until serving.



5. FINISH AND SERVE

Serve wings platter-style with **rice, mango salad, mint yoghurt**, and **lime wedges**. Roughly chop the remaining **mint** and sprinkle over to garnish.

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