S

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Chilli

Chillies bring the heat thanks to a compound called capsaicin, concentrated in the white membrane inside. Don't forget to wash your hands well after preparing them!

Caribbean Chicken

with Tropical Salsa

Chicken Marylands roasted until charred in a homemade marinade with flavours of cumin and lime, served with a fresh mango salsa and rice.

45 minutes 4/6 servings Chicken

Marinate overnight!

For a deeper flavour, prepare the chicken and marinate it overnight! Add some ground coriander and extra lime juice if you have some.

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g/37g	12g/12g	67g/69g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CELERY STICKS	2	3
GARLIC CLOVE	1	2
CORIANDER	1 packet	2 packets
LIME	1	2
CHICKEN MARYLANDS	4	6
BASMATI RICE	300g	300g + 150g
MANGO	1	2
LEBANESE CUCUMBERS	2	3
RED CHILLI	1	2

FROM YOUR PANTRY

olive oil, brown sugar, ground cumin, soy sauce (or tamari), red wine vinegar

KEY UTENSILS

oven dish, saucepan, stick mixer or blender

NOTES

Remove the roots from the coriander and rinse the stems before blending. Reserve the leaves for garnish.

You can deseed the chilli if you prefer less heat. If you don't have red wine vinegar, use apple cider or white wine vinegar. Lime juice will also work well if you have some.

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1. BLEND THE MARINADE

Set oven to 250°C. Chop **onion, celery, garlic** and **coriander stems** (see notes). Blend together with **zest and juice from 1/2 lime, 1/4 cup olive oil, 2 tbsp soy sauce, 2 tbsp cumin** and **1 tbsp sugar** using a stick mixer or blender.

6P - use zest and juice from 1 whole lime.



2. ROAST THE CHICKEN

Slash **chicken** to the bone. Add to a lined oven dish, pour over **marinade** and toss to coat. Roast in oven for 30-35 minutes until slightly charred and cooked through.



3. COOK THE RICE

Meanwhile, place **rice** in a saucepan and cover with **600ml water.** 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.

6P - use 900ml water for the rice.



4. MAKE THE SALSA

Dice **mango, cucumbers** and **chilli** (see notes). Toss together with **2 tbsp vinegar**.

6P - use 3 tbsp vinegar.



5. FINISH AND SERVE

Chop **coriander leaves** and wedge **remaining lime.** Garnish **chicken** with **coriander,** and serve with **salsa**, **rice** and **lime wedges.**

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