



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mango

Mangoes were first grown in India over 5,000 years ago. In fact, the paisley pattern which was first developed there, is based on the shape of a mango.



Spice it up!

Crush the papadums and scatter over salad at the end for a light crouton. You could add some tinned lentils or chickpeas to the salad to stretch the dish out.

2 Curry Chicken Salad with Mango & Papadums

A bright summer salad with crispy gem lettuce, sweet tropical mango and fresh mint, topped with lightly spiced curry chicken and served with a creamy spring onion yoghurt.

 30 minutes

 2 servings

 Chicken

7 December 2020

Per serve: **PROTEIN** 52g **TOTAL FAT** 17g **CARBOHYDRATES** 62g

FROM YOUR BOX

CHICKEN BREAST FILLET	300g
NATURAL YOGHURT	1 tub (200g)
PAPADUMS	1 packet
BABY COS LETTUCE	1 *
RED CAPSICUM	1/2 *
MINT	1/2 bunch *
MANGO	1
SPRING ONION	1 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

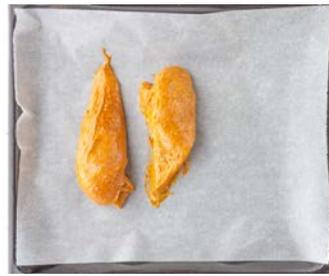
oil for cooking, olive oil, salt and pepper, red wine vinegar, curry powder

KEY UTENSILS

oven dish, stick mixer or blender

NOTES

Cooking the papadums in the microwave according to packet instructions will be the quickest method and uses less oil.



1. BAKE THE CHICKEN

Set oven to 220°C.
Halve chicken fillet lengthways. Coat with **1/2 tbsp curry powder** and 1 tbsp yoghurt in a lined oven dish. Season with **salt and pepper**. Bake in oven for 20–25 minutes or until cooked through.



2. MAKE THE PAPADUMS

Cook the papadums according to preferred method on the packet (see notes).



3. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice capsicum. Roughly slice mint leaves and slice mango. Toss together with **2 tsp red wine vinegar** and **1 tbsp olive oil**. Set aside.



4. MAKE THE DRESSING

Roughly slice spring onion and blend with yoghurt using a stick mixer or blender until smooth. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide salad among shallow bowls. Slice chicken and add on top. Serve with papadums and dressing on the side.

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 **0481 072 599** or send an email to hello@dinnertwist.com.au

