



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Oceanic Seasoning

A fragrant blend of lemon myrtle, desert lime powder, Tasmanian kelp, sesame seeds & ground coriander from GH Produce. Also works in guacamole or as a seasoning for Japanese-style dishes like a poke bowl.



## 2 Oceanic Chicken with Jalapeño Mayonnaise

Chicken breast fillets coated in GH Produce Oceanic Seasoning, served with salsa and jalapeño mayonnaise.

 35 minutes

 2 servings

 Chicken

1 October 2021

*Switch it up!*

*Warm up some tortillas, tacos or wraps and serve with your chicken, salsa and mayo.*

Per serve: **PROTEIN** 50g **TOTAL FAT** 37g **CARBOHYDRATES** 28g

## FROM YOUR BOX

CHICKEN BREAST FILLET	300g
OCEANIC SEASONING	1 sachet
CORN COB	1
JALAPEÑO	1
CORIANDER	1 packet
SMOKEY AIOLI	1 sachet (50g)
SPRING ONIONS	1/3 bunch *
AVOCADO	1
CHERRY TOMATOES	1/2 bag (100g) *
KALE	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, apple cider vinegar (or vinegar of choice)

## KEY UTENSILS

large frypan, oven tray, stick mixer (or small blender)

## NOTES

See product spotlight on cover for different ways to use up the remainder of your oceanic seasoning.

If you don't like too much spice, you can omit or reduce the amount of jalapeño you use.



### 1. ROAST THE CHICKEN

Set oven to 220°C.

Place chicken breast skin-side up on a lined oven tray and slash in 3-4 places. Coat in **oil** and half oceanic seasoning. Roast for 20-25 minutes.



### 2. COOK CORN (OPTIONAL)

Remove kernels from corn cob. Heat a frypan over medium-high heat with **oil**. Cook for 4-6 minutes until tender. Season with **salt and pepper**.



### 3. MAKE THE MAYONNAISE

Roughly chop jalapeño (see notes), reserve half for garnish, and half coriander. Using a stick mixer, blend with smokey aioli. Stir in **1 tbsp vinegar**.



### 4. PREPARE THE SALSA

Roughly chop spring onions and remaining coriander (including stems). Dice avocado and halve cherry tomatoes. Toss in a bowl with corn.



### 5. DRESS THE KALE

Remove kale leaves from stalks and thinly slice. Massage with 1 tbsp mayonnaise to tenderise kale leaves.



### 6. FINISH AND SERVE

Slice chicken breast fillets. Serve on plates with salsa, kale and jalapeño mayonnaise.

**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**

