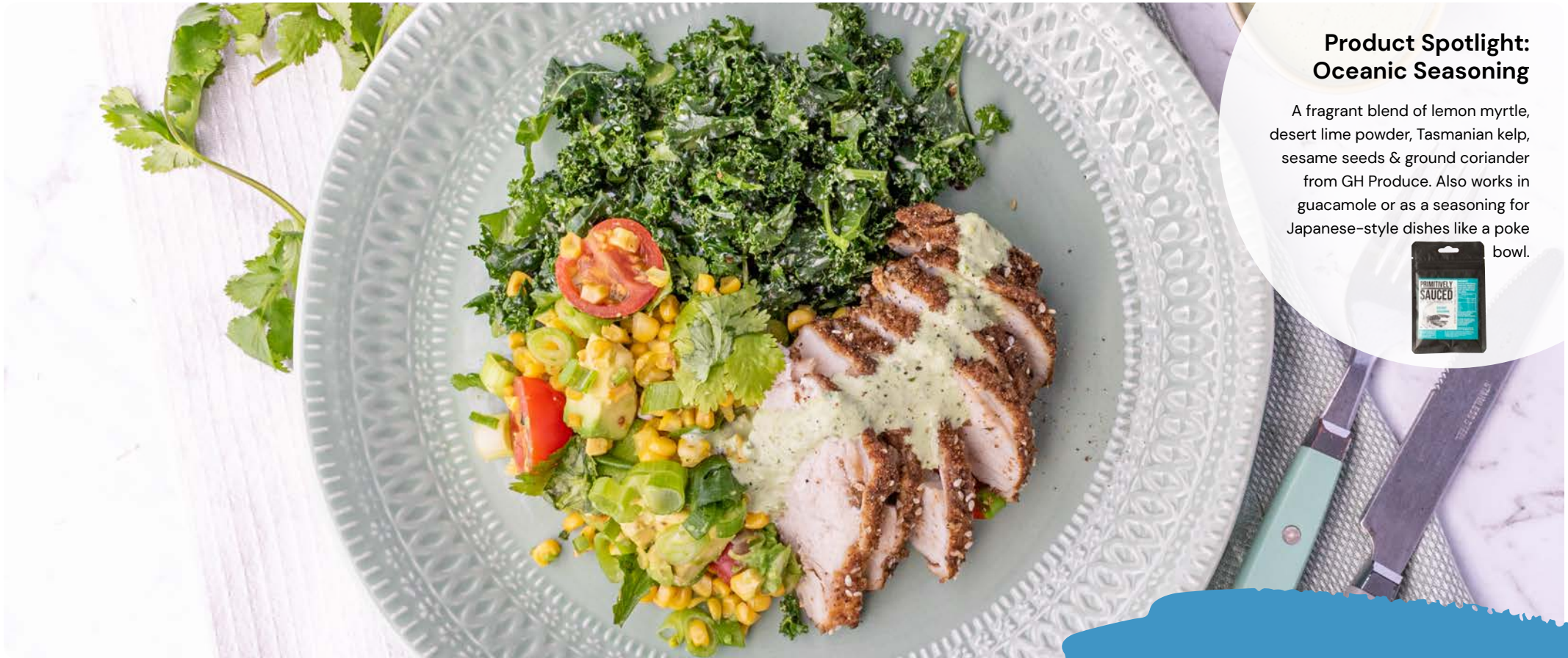




DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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

 4 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** 48g **TOTAL FAT** 31g **CARBOHYDRATES** 21g

## FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
OCEANIC SEASONING	1 sachet
CORN COBS	2
JALAPEÑO	1
CORIANDER	1 packet
SMOKEY AIOLI	1 sachet (100g)
SPRING ONIONS	1/2 bunch *
AVOCADO	1
CHERRY TOMATOES	1/2 bag (200g) *
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

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 oceanic seasoning. Roast for 20-25 minutes.



### 2. COOK CORN (OPTIONAL)

Remove kernels from corn cobs. 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) 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](mailto:hello@dinnertwist.com.au)

