



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Mango

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



## 3 Chicken Summer Rolls with Noodles & Mango

Fresh rice paper rolls filled with seasonal mango, crunchy veggies, smoked chicken and creamy avocado, served with a lime-sweet chilli dipping sauce.

 20 minutes

 4 servings




 Chicken

4 January 2021

## Family Fun!

*These rolls are fun to assemble together at the dinner table! Set up your rice paper roll station in the middle of the table and let everyone choose their fillings. Too fiddly? Omit the rice paper rounds and make a big noodle salad instead!*

## FROM YOUR BOX

RICE NOODLES	1 packet (200g)
LIME	1
RED CAPSICUM	1
GEM LETTUCE	1*
SMOKED CHICKEN 	1 packet
MANGO	1
AVOCADO	1
MINT	1 bunch
CARROT	1
RICE PAPER ROUNDS	1 packet
 AVOCADO (1 EXTRA)	1
 ENOKI MUSHROOMS	1 sleeve

\*Ingredient also used in another recipe

## FROM YOUR PANTRY


oil (sesame or other), sweet chilli & soy sauce

## KEY UTENSILS

saucepan

## NOTES

Soak one sheet of rice paper in water for 5 seconds. Place on a damp kitchen towel or a wooden chopping board. Add desired fillings in the centre. Fold in ends and roll to wrap firmly.

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



## 1. BOIL THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook for 2–3 minutes or until tender. Drain and rinse in cold water then toss with a little **oil** to prevent sticking.




## 2. MAKE THE DRESSING

Zest lime and combine with lime juice, **1 tbsp oil, 1 tbsp soy sauce, 1 tbsp water and 1/4 cup sweet chilli sauce.**



## 3. PREPARE FRESH INGREDIENTS

Cut capsicum into thin sticks and shred lettuce. Slice chicken, mango and avocado. Pick mint leaves and julienne or grate carrot.

 **VEG OPTION** - Follow instructions above (omitting the chicken). Slice extra avocado and trim base off mushrooms.



## 4. SERVE AT THE TABLE

Take all ingredients to the table along with rice paper rounds, a shallow plate with water (for soaking) and a couple of clean kitchen towels. See notes for tips on how to assemble!

**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)

