

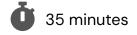




Honey Lime Chicken

with Salsa

Chicken thigh fillets roasted with a honey lime marinade until sticky, with sweet potato and a fresh colourful avocado salsa.







Switch it up!

You can coat the chicken with some Mexican spices to change the flavour of this dish!

24g

FROM YOUR BOX

SWEET POTATO	800g
RED ONION	1
CHICKEN THIGH FILLETS	600g
LIME	1
HONEY SHOTS	2
AVOCADO	1
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

You can use honey, maple syrup or sugar in the dressing if you don't want sweet chilli sauce.

1 tbsp sesame oil can also be used instead of olive oil for extra flavour.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut sweet potato into 4-5cm pieces. Wedge onion. Toss on a lined oven tray with oil, salt and pepper.



2. ADD THE CHICKEN

Coat chicken with lime zest, 1 tbsp soy sauce, 2 tbsp oil and honey. Add to tray and roast for 25-30 minutes until cooked through.



3. PREPARE THE DRESSING

Whisk together 1/2 lime juice (wedge remaining), 1 tbsp sweet chilli sauce, 1 tbsp soy sauce and 2 tbsp olive oil (see notes). Set aside.



4. PREPARE THE SALSA

Dice avocado, capsicum and cucumbers. Slice chives. Toss together.



5. FINISH AND SERVE

Top chicken tray bake with salsa. Spoon over dressing to taste and serve with lime wedges.



