



Product Spotlight: Mango

Mangoes were first grown in India more than 5,000 years ago. Paisley, the pattern that was first designed there, is based on the shape of a mango.



Tropical Chicken Rice Paper Rolls

Fresh spring rolls, ready to assemble at the table! Fill them with soy chicken, bean thread noodles, mango, avocado and leaves; there's something for everyone. All served with sweet chilli and lime dipping sauce!



25 minutes



4 servings



Chicken

December 2022 - January 2023

Mix it up!

You can transform this dish into a noodle bowl or a noodle salad! Add some fresh mint, coriander, roast peanuts, sesame seeds or fried shallots to garnish if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	17g	114g

FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (200g)
CHICKEN SCHNITZELS	600g
LIME	1
MANGO	1
AVOCADO	1
PURPLE CARROTS	2
MESCLUN LEAVES	1 bag (60g)
RICE PAPER ROUNDS	1 packet

FROM YOUR PANTRY

sesame oil, sweet chilli sauce, soy sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Place a clean tea towel and shallow dish of water on the table. Soak one sheet of rice paper in water for 5 seconds. Place on the tea towel. Arrange fillings in the centre of the round. Fold in the ends and roll to wrap firmly.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook for 2 minutes, or until just tender. Drain and rinse in cold water.



2. COOK THE CHICKEN

Toss chicken with **1 tbsp soy sauce** and **1/2 tbsp sesame oil**. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through.



3. MAKE THE DIPPING SAUCE

Combine lime juice with **1/4 cup sweet chilli sauce**, **2 tbsp soy sauce** and **2 tbsp sesame oil**. Set aside.



4. PREPARE THE FILLINGS

Slice mango and avocado. Julienne or grate carrots. Slice chicken. Set aside on a large serving platter with mesclun leaves.



5. FINISH AND SERVE

Serve all components and dipping sauce at the table for everyone to assemble their rice paper rolls (see notes for instructions).

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**

