

# DINNERLY



 HEALTHY

## Summer Chicken Salad with Mango and Avocado Salsa



20-30 minutes



2 Servings

Throw glorious seasonal sweet mango, creamy avo and golden roasted carrots on a plate with sticky chipotle chicken. For a truly satisfying and utterly delish summer salad.

## WHAT WE SEND

- free-range chicken breast fillet
- 1 mango
- 20g chipotle in adobo sauce <sup>6</sup>
- 70g mixed salad leaves
- 1 carrot
- 1 avocado

## WHAT YOU NEED

- garlic clove
- Australian honey
- olive oil
- olive oil spray
- salt and pepper
- white wine vinegar <sup>17</sup>

## TOOLS

- baking paper
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

We've suggested the amount of chipotle chilli for flavour, but if you prefer less heat or have little ones, reduce the chipotle to taste. -The remaining avocado and mango won't be used in this dish.

## ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 570kcal, Fat 35.9g, Carbs 20.0g, Proteins 39.1g



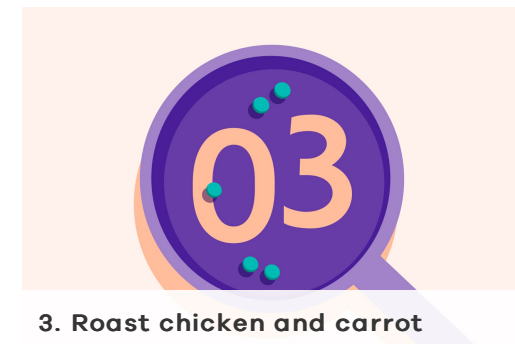
### 1. Prep carrot

Preheat the oven to 220C. Line an oven tray with baking paper. Halve the **carrot** widthwise, then cut into 1cm-thick sticks.



### 2. Marinate chicken

Combine the **chipotle** (see cooking tip), **2 tsp olive oil**, **1 tsp white wine vinegar** and **1 tsp honey** in a bowl and season with **salt and pepper**. Add the **chicken** and turn to coat well.



### 3. Roast chicken and carrot

Put the **carrot** on one half of the lined tray, spray with **olive oil**, season with **salt and pepper** and toss to coat. Put the **chipotle chicken** on the other side of the tray. Roast, turning halfway, for 20 mins or until the carrot is tender and the chicken is cooked through.



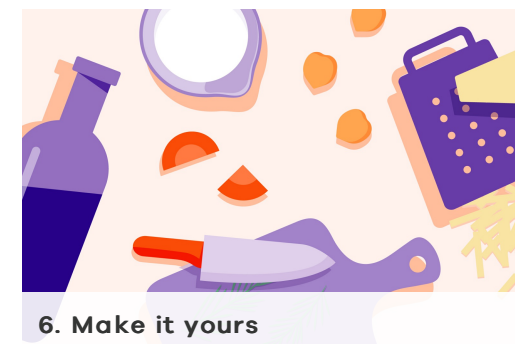
### 4. Make mango salsa

Meanwhile, cut **half the avocado** and **mango** (see cooking tip) into 2cm chunks, discarding skins and stones. Finely chop or crush **1 garlic clove**. Put the **garlic**, **1 tbs olive oil**, **2 tsp white wine vinegar** and **1 tsp honey** in a medium bowl, season with **salt and pepper** and stir to combine. Add the **avocado** and **mango**, then gently stir to coat.



### 5. Serve up

Thickly slice the **chicken**. Divide the **salad leaves**, **roasted carrot** and **chipotle chicken** among plates and scatter with the **mango and avocado salsa** to serve.



### 6. Make it yours

Blanched asparagus or sugar snap peas would be fantastic additions if you want to up the greenness or add a little crunch.