

# DINNERLY



 HEALTHY

## Summer Chicken Salad with Mango and Avocado Salsa



20-30 minutes



4 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

- 1 avocado
- 1 mango
- 3 carrots
- 140g mixed salad leaves
- free-range chicken breast fillet
- 40g chipotle in adobo sauce <sup>6</sup>

## 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.

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 495kcal, Fat 26.7g, Carbs 21.6g, Proteins 38.6g



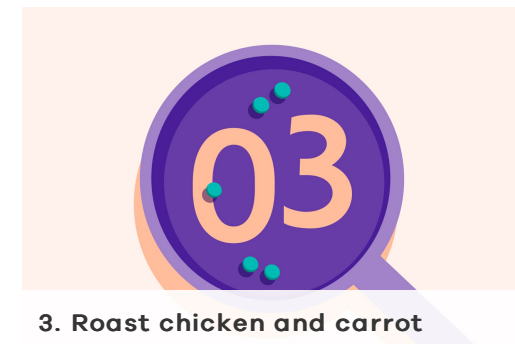
### 1. Prep carrot

Preheat the oven to 220C. Line 2 oven trays with baking paper. Halve the **carrots** widthwise, then cut into 1cm-thick sticks.



### 2. Marinate chicken

Combine the **chipotle** (see cooking tip), **1 tbs olive oil**, **2 tsp white wine vinegar** and **2 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 a lined tray, spray with **olive oil**, season with **salt and pepper** and toss to coat. Put the **chipotle chicken** on the other lined tray. Roast, turning halfway, for 20 mins or until the carrot is tender and the chicken is cooked through.



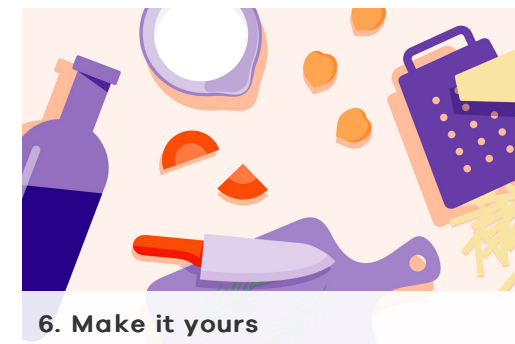
### 4. Make mango salsa

Meanwhile, cut the **avocado** and **mango** into 2cm chunks, discarding skins and stones. Finely chop or crush **2 garlic cloves**. Put the **garlic**, **2 tbs olive oil**, **1 tbs white wine vinegar** and **2 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.