



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: KALE COLESLAW

The term coleslaw came from the Dutch term "koolsla", meaning cabbage salad. A coleslaw salad is usually tossed in a mayonnaise dressing.



2. CHICKEN KATSU

CABBAGE SALAD

 25 Minutes

 4 Servings

Golden cornflake crumbed chicken schnitzels with a pickled ginger coleslaw, finished with a squeeze of lemon.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
37g	24g	28g

10 February 2020

FROM YOUR BOX

SPRING ONIONS	1/4 bunch *
LEBANESE CUCUMBER	1
SNOW PEAS	1/2 bag (125g) *
PICKLED GINGER	1/2 jar *
KALE COLESLAW	1 bag
CORNFLAKES (GF)	1 bag (100g)
CHICKEN SCHNITZELS	600g
LEMON	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, dijon mustard, rice wine vinegar, maple syrup

KEY UTENSILS

frypan

NOTES

If you don't have rice wine vinegar you can use apple cider vinegar instead!

Crush the cornflakes in its packet or use a small food processor for a finer crumb.



1. PREPARE THE SALAD

Slice the spring onions and cucumber. Trim and slice snow peas. Roughly slice pickled ginger. Toss together with coleslaw.



2. PREPARE THE DRESSING

Whisk together **2 tbsp vinegar**, **1 tsp mustard**, **2 tsp maple syrup** and **1/3 cup olive oil**. Season to taste with **salt and pepper**. Toss through salad and set aside.



3. CRUMB THE CHICKEN

Crush cornflakes to resemble a crumb. Coat chicken with **oil, salt and pepper**. Roll in cornflakes to coat.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **2 tbsp oil**. Cook chicken for 4-5 minutes each side until golden and cooked through.



5. FINISH AND PLATE

Slice chicken and divide among plates with salad. Wedge and add lemon to serve.