



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: ALMOND MEAL

In this dish, we use almond meal to crumb the chicken. This is a naturally gluten-free alternative to flour coating, and better yet? It tastes amazing and brings a boost of fibre and nutrients to the meal.



3. HERBED CHICKEN BITES

WITH COLESLAW AND JERK SAUCE

 35 Minutes

 2 Servings

Enjoy this guilt-free comfort meal with almond & herb crumbed chicken bites, creamy coleslaw and our favourite BBQ jerk sauce for dipping.

FROM YOUR BOX

SWEET POTATOES	400g
CHICKEN SCHNITZELS	300g
ALMOND MEAL	1 packet (50g)
CHIVES	1/3 bunch *
GREEN APPLE	1
YELLOW CAPSICUM	1/2 *
COLESLAW	1 packet (200g)
LIME	1
JERK SAUCE	1/2 bottle *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried oregano, mayonnaise

KEY UTENSILS

oven tray, large frypan

NOTES

Keep cooked chicken on a plate lined with paper towel to drain excess oil, or keep warm on a lined baking tray in the oven underneath the potatoes.

If you prefer, keep apple and capsicum separate from coleslaw and serve on the side.

For extra zingy coleslaw, add lime zest as well as juice.



1. ROAST THE POTATOES

Set oven to 220°C.

Halve or wedge sweet potatoes. Toss with **oil, 1 tsp oregano, salt and pepper** on a lined oven tray. Roast for 20-25 minutes or until tender.



2. CRUMB THE CHICKEN

Toss chicken with **1/2 tsp oregano, salt, pepper and oil**. Press to coat in almond meal.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook the chicken for 3-4 minutes each side, or until golden and cooked through (see notes).



4. TOSS THE COLESLAW

Slice chives, dice apple and halve capsicum. Toss in a large bowl with coleslaw, **1 tbsp mayonnaise** and juice from 1/2 lime (see notes). Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Slice cooked chicken & wedge remaining lime.

Serve chicken bites with roasted sweet potatoes, coleslaw, lime wedges and 1/2 bottle jerk sauce for dipping.