



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

 4 Servings

30 March 2020

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	800g
CHICKEN SCHNITZELS	600g
ALMOND MEAL	1 packet (100g)
CHIVES	1/3 bunch *
GREEN APPLE	1
CHERRY TOMATOES	1 bag (200g)
COLESLAW	1 packet (400g)
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 SWEET 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.



4. TOSS THE COLESLAW

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



2. CRUMB THE CHICKEN

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



3. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Add chicken and cook (in batches if needed) for 3-4 minutes each side, or until golden and cooked through (see notes).



5. FINISH AND PLATE

Slice cooked chicken.

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