



Product Spotlight: Alfalfa sprouts

Alfalfa sprouts are a type of legume in sprouted form! They are delicious in sandwiches and salads and are easy to grow at home in a sprout-growing kit!



Tarragon Chicken

with Golden Potatoes and Radish Salad

Tender chicken schnitzels cooked in the pan and served with golden baby potatoes and a radish and cucumber salad with creamy dressing.



25 minutes



2 servings



Chicken

3 March 2023

Switch it up!

Cut the potatoes into chips and roast until crisp. Cut the cucumber into sticks and quarter the radishes. Serve with chicken and creamy dressing for dipping.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	14g	51g

FROM YOUR BOX

BABY POTATOES	400g
RADISHES	1 bunch
LEBANESE CUCUMBER	1
SHALLOT	1
CREAMY DRESSING	1 sachet
CHICKEN SCHNITZELS	300g
ALFALFA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried tarragon

KEY UTENSILS

large frypan, saucepan

NOTES

Use the radishes and shallot to taste as these vegetables can vary in size.

You can substitute the dried tarragon with lemon pepper, dried Italian herbs or dried oregano if preferred.



1. COOK THE POTATOES

Add potatoes (halve any larger ones) to a saucepan and cover with water. Bring to a boil and simmer for 12-15 minutes until tender. Drain and return to pan (see step 4).



2. PREPARE THE SALAD

Trim, scrub and slice radishes. Slice cucumber and shallot (see notes). Toss all together in a bowl with dressing. Set aside in fridge until serving.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken with **1 tsp dried tarragon, oil, salt and pepper** (see notes). Cook for 4-5 minutes each side or until cooked through.



4. FINISH THE POTATOES

Reheat pan with potatoes over medium-high heat with **oil**. Cook for 5 minutes, tossing until golden. Season with **salt and pepper**.



5. FINISH AND SERVE

Serve chicken with potatoes, salad and sprouts.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

