

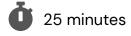




# **Chicken Tenderloins**

# with Dill Cream and Potatoes

Chicken tenderloins seared with lemon zest and served with golden baby potatoes, crisp spring salad and a creamy dill sauce.





2 servings



# Make tartare sauce!

Stir some mayonnaise through the sour cream sauce for a sweeter flavour. You can also add chopped pickles or capers to make a tartare sauce.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

#### **FROM YOUR BOX**

BABY POTATOES	500g
GEM LETTUCE	3-pack
CARROT	1
SNOW PEAS	150g
LEMON	1
DILL	1 packet
SOUR CREAM	1 tub
CHICKEN TENDERLOINS	300g

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), sugar (of choice), fennel seeds (optional)

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Halve any larger potatoes for even cooking time.

Use gem lettuce to taste. Gem lettuce leaves can be quite sandy. Submerge the leaves in a bowl of cold water to remove any excess sand before rinsing and drying in a salad spinner.

You can use a dried herb instead of fennel seeds if preferred.





#### 1. BOIL THE POTATOES

Add potatoes to a saucepan and cover with water (see notes). Bring to a boil and simmer for 12-15 minutes or until cooked through. Drain and return to pan (see step 5).



#### 2. PREPARE THE SALAD

Meanwhile, separate and rinse lettuce leaves (see notes). Thinly slice or ribbon carrot. Trim and slice snow peas. Whisk together 1 tbsp vinegar, 1 tbsp olive oil, salt and pepper. Toss with salad.



#### 3. PREPARE THE DILL CREAM

Zest lemon (set aside for chicken).

Chop dill fronds. Combine in a bowl with sour cream, juice from 1/2 lemon (wedge remaining), 1 tsp sugar, salt and pepper. Set aside.



## 4. COOK THE CHICKEN

Coat chicken tenderloins with lemon zest, 1/2 tsp fennel seeds, oil, salt and pepper (see notes). Heat a frypan over mediumhigh heat. Cook chicken for 4-5 minutes each side or until cooked through.



### **5. FINISH THE POTATOES**

Add 1/2 tbsp olive oil to saucepan with potatoes and place over medium-high heat. Cook for 3-4 minutes tossing until golden. Season with salt.



#### 6. FINISH AND SERVE

Divide chicken, potatoes and salad among plates. Serve with dill cream and lemon wedges.

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