

for the
little onesRoast or
Mashed
Potato

Veggies

SLICED chicken



CRUMBED chicken fingers

Crunchy cornflake chicken fingers and chips served with sour cream dipping sauce.



30 Minutes



2 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	11g	27g

FROM YOUR BOX

MEDIUM POTATOES	3
CORNFLAKES	50g
CHICKEN TENDERLOINS	300g
BABY COS LETTUCE	1
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter (optional), sweet chilli sauce

COOKING TOOLS

oven tray, large frypan

Air-fryer tip!

Cook the chicken and/or potatoes at 200°C. Chicken takes 8–10 minutes, potatoes about 15 minutes. Turn halfway.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option – cornflakes are replaced with GF breadcrumbs.



1. Roast the Potatoes

Set oven to 220C° and line an oven tray with baking paper. Cut **potatoes** into chips or wedges. Toss with **oil** and **salt**. Cook in the oven for 25 minutes or until golden and tender.

tip Add 1 tsp dried herbs like rosemary or oregano to the chips!



4. Cook the chicken

Heat a large frypan with **2 tbsp oil** or **butter** over medium heat. Add **crumbed chicken** and cook for 3–4 minutes on each side or until golden and cooked through.



2. Prepare the CRUMB

Crush **cornflakes** and spread over a plate or piece of baking paper. Season with **salt and pepper**.

tip Carefully crush cornflakes in the bag using a rolling pin or just your hands.



5. Prepare the Salad

Trim and rinse **lettuce**, cut into quarters. Halve **cherry tomatoes** and slice **cucumber**. Arrange on a plate.

tip Chop lettuce and toss everything into a salad instead if you like! Drizzle with your favourite dressing.



3. CRUMB the chicken

Press **chicken tenderloins** into **cornflake crumbs** to coat.



6. Finish and Serve

Spoon **sour cream** into small bowls and add **sweet chilli sauce** to taste. Serve **chicken fingers** with **chips** and **salad**.

tip You can use tomato sauce, relish, pesto or mango chutney instead of sweet chilli sauce if you prefer.