

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

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## FROM YOUR BOX

|                     |                 |
|---------------------|-----------------|
| MEDIUM POTATOES     | 3               |
| CORNFLAKES (GF) *   | 1 packet        |
| CHICKEN TENDERLOINS | 300g            |
| BABY COS LETTUCE    | 1               |
| CHERRY TOMATOES     | 1 packet (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!

You can cook the chicken and/or potatoes in your air-fryer on 200°C. The chicken takes about 8-10 minutes while the potatoes take a little longer - 15 minutes or so, turning halfway.

### \* Before you start!

Due to supply issues, GF Cornflakes have been replaced with herb & garlic lupin crumbs. Skip step 2 and go straight to step 3 to crumb the chicken.



### 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.