



FOR the  
Little ones



CRUNCHY  
VEGGIES

SLICED CRISPY CHICKEN,  
WEDGES & TOMATO SAUCE



# Sesame Chicken

Crispy chicken schnitzels crumbed with panko & sesame seeds, served with baby wedges and a mild curry mayo for dipping.

 35 Minutes

 2 Servings

 Chicken

How did the cooking go? Go to the My Recipes tab in your Profile and leave a review or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

## FROM YOUR BOX

BABY POTATOES	400g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
CHERRY TOMATO MEDLEY	200g
SESAME SEED + PANKO MIX	35g
CHICKEN SCHNITZELS	300g
CURRY MAYO	1 sachet

## FROM YOUR PANTRY

oil/butter for cooking, salt

## COOKING TOOLS

oven tray, large frypan

Serve the chicken over mash or in a wrap with salad and sauce if you prefer!

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

**No gluten option** - panko and sesame mix is replaced with sesame seeds. Follow recipe instructions.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Cut **potatoes** into wedges and toss on a lined oven tray with **oil** and **salt**. Roast on top rack of the oven for 25 minutes or until golden and cooked through.

**tip** Add some fresh or dried herbs if you like!



### 4. COOK THE CHICKEN

Heat a frypan with **3 tbsp oil/butter** over medium heat. Add crumbed chicken and cook for 5-6 minutes on each side or until cooked through.



### 2. PREPARE THE SALAD

Trim and chop **baby cos lettuce**, dice **cucumber** and halve **cherry tomatoes**. Toss together in a bowl, or serve separately.

**tip** Dress the salad with some olive oil and vinegar if you like!



### 5. FINISH AND SERVE

Slice chicken.

Serve with wedges, salad and **curry mayo** for dipping.



### 3. CRUMB THE CHICKEN

Transfer **panko and sesame mix** to a bowl or plate and season with **salt**. Press **schnitzels** into crumb to coat.

**tip** Cut chicken into nuggets before crumbing if you think that works better for your family.