




Product Spotlight: Dill


A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.




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.

 25 minutes

 4 servings

 Chicken

8 September 2023

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** 44g **TOTAL FAT** 17g **CARBOHYDRATES** 69g

FROM YOUR BOX

BABY POTATOES	800g
GEM LETTUCE	3-pack
CARROT	1
SNOW PEAS	150g
LEMON	1
DILL	1 packet
SOUR CREAM	1 tub
CHICKEN TENDERLOINS	600g

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.

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



5. FINISH THE POTATOES

Add **1 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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