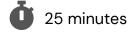






Tarragon Chicken and Chips

Golden chicken schnitzels cooked with tarragon and served with sweet potato chips, fresh garden salad and creamy mayonnaise dipping sauce.







Spruce it up!

You can add ground cumin or coriander to the sweet potato chips for some added flavour. Coat the chicken with breadcrumbs or cornflakes if preferred.

TOTAL FAT CARBOHYDRATES 53g

FROM YOUR BOX

SWEET POTATOES	800g
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
TOMATOES	2
CHICKEN SCHNITZELS	600g
MAYONNAISE/AIOLI DIP	100g

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon

KEY UTENSILS

frypan, oven tray

NOTES

You can dress the salad with your favourite vinaigrette. To make a simple one, whisk together 1 tbsp vinegar or lemon juice with 1 tbsp olive oil.



1. ROAST THE POTATOES

Set the oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20-25 minutes until cooked through.



2. PREPARE THE SALAD

Tear and rinse lettuce leaves. Slice cucumber and wedge tomatoes. Toss in a salad bowl (see notes).



3. COOK THE CHICKEN

Heat a frypan with 1 tbsp butter and 1/2 tbsp oil over medium-high heat. Coat chicken with 1-2 tsp dried tarragon, salt and pepper. Cook in pan for 4-5 minutes each side or until cooked through.



4. FINISH AND SERVE

Serve sweet potato chips, salad and chicken on plates with dipping sauce.



