

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



4/6 servings



chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	42g	8g	35g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
CORNFLAKES	100g	100g + 50g
CHICKEN TENDERLOINS	600g	600g + 300g
BABY COS LETTUCE	1	2
CHERRY TOMATOES	200g	2 x 200g
LEBANESE CUCUMBERS	2	3
SOUR CREAM	1 tub	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 2 tsp dried herbs like rosemary or oregano to the chips!



4. Cook the chicken

Heat a large frypan with **3 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.



3. CRUMB the chicken

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



5. Prepare the Salad

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

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



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.