



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lebanese Flatbreads

If you are not using your flatbreads straight away, we suggest storing them in the freezer to keep them fresh!



## B2 Crumbed Chicken Caesar Platter

Build your own summery caesar wrap! Warm flatbreads, crumbed chicken tenderloins and fresh salad all served on a platter with creamy parmesan dressing.

 20 minutes

 2 servings

 Chicken

21 January 2022

## Not just dinner!

*This dish is also perfect for a picnic lunch or can be transformed into a side salad for a family BBQ. Stretch it out if needed with some wedges on the side.*

## FROM YOUR BOX

CHICKEN TENDERLOINS	300g
LUPIN CRUMB (GF)	1 packet (40g)
AVOCADO	1
RED CAPSICUM	1
BABY COS LETTUCE	1
LEBANESE FLATBREADS	5-pack
CAESAR DRESSING	1 bottle (300ml)

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

frypan

## NOTES

The lupin crumb can have a peppery taste, which we love! If you prefer a plain crumb you can use panko crumbs or crushed cornflakes instead. Alternatively you can coat the chicken with a dried herb and skip the crumb.

**No gluten option** - Lebanese flatbreads are replaced with gluten-free rolls. Halve the rolls before toasting. Fill with crumbed chicken, salad and dressing to make a caesar roll. Alternatively, tear and bake the rolls with oil, salt and pepper until crunchy. Toss all the ingredients to make a caesar salad.



### 1. CRUMB THE CHICKEN

Set oven to 200°C (optional for flatbreads).

Coat the chicken in **oil, salt and pepper**. Press in lupin crumb until coated on all sides (see notes).



### 2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook chicken for 4-5 minutes each side until cooked through.



### 3. PREPARE THE SALAD

Slice avocado and capsicum. Separate, rinse and tear lettuce leaves.



### 4. WARM THE BREAD

Cut flatbreads in half. Toast in oven for 5 minutes.



### 5. FINISH AND SERVE

Arrange flatbreads, salad and chicken on a large serving platter. Serve with caesar dressing.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

