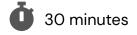




## **Popcorn Chicken**

### with Chips and Slaw

Golden chicken nuggets coated in a delicious lemon pepper crumb served with roast potato chips and a creamy coleslaw salad.







# Lighten it up!

Instead of pan-frying the chicken, you can bake it in the oven. If you have an air fryer you can cook the chicken and chips in there!

PROTEIN TOTAL FAT CARBOHYDRATES 51g 66g

#### FROM YOUR BOX

MEDIUM POTATOES	3
DICED CHICKEN BREAST	300g
LUPIN CRUMB	1 packet (40g)
APPLE	1
COLESLAW	1 bag (250g)
RANCH SAUCE	1 bottle

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan, oven tray

#### **NOTES**

We set the oven to 250°C for extra golden chips. If your oven doesn't go that high, you can set it to 220°C and cook the chips for a bit longer until golden.

You can add a dried herb of choice to flavour the potato chips if desired!



#### 1. ROAST THE CHIPS

Set oven to 250°C (see notes).

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



#### 2. PREPARE THE CHICKEN

Place chicken into a large bowl. Season with salt. Add lupin crumb and toss to coat.



#### 3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Cover the base of the pan with **oil**. Add chicken and cook for 8-10 minutes, turning, until cooked through. Remove to a paper towel to drain.



#### 4. PREPARE THE COLESLAW

Meanwhile, slice apple. Toss with coleslaw and 1/2 cup ranch sauce until coated.



#### **5. FINISH AND SERVE**

Serve chicken with chips, coleslaw and remaining ranch sauce for dipping.



