



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Potatoes

Did you know? Potatoes have 40% fewer carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



B2 Ranch Style Chicken with Wedges

Herb and garlic crumbed chicken tenderloins cooked until golden, served with crispy potato wedges, fresh garden salad and a dill aioli for dipping.



25 minutes



2 servings



Chicken

28 October 2022

Make a burger!

Grab some burger buns (or hotdog rolls) and fill them with crumbed chicken, salad and aioli. Serve with wedges on the side!

FROM YOUR BOX

MEDIUM POTATOES	3
LUPIN CRUMBS	1 packet (30g)
CHICKEN TENDERLOINS	300g
BABY COS LETTUCE	1
TOMATO	1
AVOCADO	1
DILL	1 packet
AIOLI	50g

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, 1 garlic clove

KEY UTENSILS

large frypan, oven tray

NOTES

The oven is set to 250°C for extra crispy wedges. If your oven doesn't reach that high, you can set it to 220°C and leave the potatoes in for longer to cook.

You can add a dried herb of choice to the wedges instead of smoked paprika if preferred.



1. ROAST THE WEDGES

Set oven to 250°C.

Cut potatoes into wedges. Toss on a lined oven tray with **1 tsp paprika, oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through (see notes).



4. PREPARE THE SALAD

Rinse and chop lettuce. Dice tomato and slice avocado. Toss in a bowl.



2. PREPARE THE CHICKEN

Heat a frypan over medium-high heat and cover base with **oil**. Spread lupin crumbs on a plate. Press chicken into crumbs until coated on all sides.



3. COOK THE CHICKEN

Cook chicken for 3–4 minutes each side or until cooked through. Set aside on a paper towel to drain.



5. PREPARE THE SAUCE

Chop dill. Combine with aioli, **1 tbsp water** and **1/2 crushed garlic clove**.



6. FINISH AND SERVE

Serve wedges with chicken, salad and dipping sauce.

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**

