



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!



B4 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

 4 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	600g
LUPIN CRUMB (GF)	1 packet (80g)
AVOCADO	1
RED CAPSICUM	1
GEM LETTUCE	3-pack
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** (see notes). Press in lupin crumb until coated on all sides.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook chicken for 4-5 minutes each side until cooked through (in batches if needed).



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**

