



Product Spotlight: Lupin Crumb

We love this delicious crumb made locally by Coastal Crunch, and flavoured with their own secret lemon pepper seasoning. A tasty alternative to breadcrumbs!



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.



30 minutes



4 servings



Chicken

24 March 2023

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	19g	60g

FROM YOUR BOX

MEDIUM POTATOES	800g
DICED CHICKEN BREAST	600g
LUPIN CRUMB	1 packet (80g)
APPLE	1
COLESLAW	1 bag (500g)
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 (cook in batches if needed). Remove to a paper towel to drain.



4. PREPARE THE COLESLAW

Meanwhile, slice apple. Toss with coleslaw and 3/4 cup ranch sauce until coated.



5. FINISH AND SERVE

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



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