



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Lupin Crumb


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



## B4 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

15 April 2022

## Lighten it up!

*Instead of pan-frying the chicken, you can bake it in the oven instead. The coleslaw can be dressed with olive oil and vinegar instead of the ranch dressing.*

## 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 at 220°C and cook for a bit longer until golden.

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

The lemon pepper crumb is mild in flavour, however, if you are sensitive to heat you can coat the chicken with lemon zest and a dried herb instead. For a different crumb you can use panko crumbs or crushed cornflakes.



### 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 (see notes).



### 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 and coleslaw along with remaining ranch sauce for dipping.

**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](mailto:hello@dinnertwist.com.au)

