



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!



B4 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



4 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	800g
LUPIN CRUMBS	1 packet (60g)
CHICKEN TENDERLOINS	600g
GEM LETTUCE	3-pack
CHERRY TOMATOES	1 packet (200g)
AVOCADO	1
DILL	1 packet
AIOLI	100g

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 **2 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. Halve tomatoes 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 (in batches) for 3–4 minutes each side or until cooked through.



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**

