

for the
little onesCreamy Chicken
Sandwich

Chicken Po Boy

Simple but classic, and a favourite for many! Crispy chicken, crunchy lettuce & creamy sauce served in fresh hot dog rolls.



20 Minutes



2 Servings



Chicken

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FROM YOUR BOX

BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
CAJUN SPICE MIX	1 packet
CHICKEN TENDERLOINS	300g
HOT DOG ROLLS	2-pack
AIOLI	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, flour (cornflour, or other)

COOKING TOOLS

large frypan, oven tray

Cajun spice mix: ground paprika, garlic powder, dried thyme and celery salt.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – hot dog rolls are replaced with GF bread rolls.



1. PREPARE the FRESH INGREDIENTS

Set oven to 200°C.

Trim and finely shred **lettuce**, slice **tomato** and ribbon **cucumber** using a vegetable peeler.



2. PREPARE the CHICKEN

Combine **1/4 cup flour** with **Cajun spice mix** and a pinch of **salt**. Press **chicken tenderloins** into flour mix to coat.

tip You can cook the chicken on the BBQ if you prefer! Coat with spice mix but omit the flour.



3. COOK the CHICKEN

Heat a frypan with **2 tbsp oil** over medium-high heat. Add chicken to pan and cook for 4-5 minutes on each side or until cooked through.



4. WARM the BREAD (OPTIONAL)

Slice open the **hot dog rolls**. Place on an oven tray and warm in the oven for 2-3 minutes.



5. FINISH AND SERVE

Slice the chicken (optional).

Spread the rolls with **aioli**. Add salad ingredients and chicken to your liking.

tip Add any other ingredients of choice such as pickles, grated carrot or coleslaw.