

for the
little onesRoast or
Mashed
Potato

Veggies

Sliced Chicken



CRUMBED chicken fingers

Crunchy cornflake chicken fingers and chips served with sour cream dipping sauce.



30 Minutes



2 Servings



Chicken

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FROM YOUR BOX

MEDIUM POTATOES	3
CORNFLAKES (GF)	50g
CHICKEN TENDERLOINS	300g
GEM LETTUCE	3-pack
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter (optional), sweet chilli sauce

COOKING TOOLS

oven tray, large frypan

Air-fryer tip!

You can cook the chicken and/or potatoes in your air-fryer on 200°C. The chicken takes about 8-10 minutes while the potatoes take a little longer - 15 minutes or so, turning halfway.

Before you start!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife, before you start cooking!



1. Roast the Potatoes

Set oven to 220C° and line an oven tray with baking paper. Cut **potatoes** into chips or wedges. Toss with **oil** and **salt**. Cook in the oven for 25 minutes or until golden and tender.

tip Add 1 tsp dried herbs like rosemary or oregano to the chips!



4. Cook the chicken

Heat a large frypan with **2 tbsp oil** or **butter** over medium heat. Add **crumbed chicken** and cook for 3-4 minutes on each side or until golden and cooked through.



2. Prepare the CRUMB

Crush **cornflakes** and spread over a plate or piece of baking paper. Season with **salt and pepper**.

tip Carefully crush cornflakes in the bag using a rolling pin or just your hands.



5. Prepare the Salad

Trim and rinse **lettuce**, cut into quarters. Halve **cherry tomatoes** and slice **cucumber**. Arrange on a plate.

tip Chop lettuce and toss everything into a salad instead if you like! Drizzle with your favourite dressing.



3. CRUMB the chicken

Press **chicken tenderloins** into **cornflake crumbs** to coat.



6. Finish and Serve

Spoon **sour cream** into small bowls and add **sweet chilli sauce** to taste. Serve **chicken fingers** with **chips** and **salad**.

tip You can use tomato sauce, relish, pesto or mango chutney instead of sweet chilli sauce if you prefer.