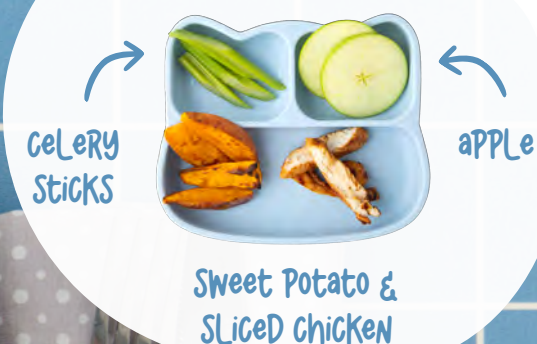




FOR the
Little ONES



GLAZED chicken tenders

Golden chicken strips coated in a tasty tomato glaze, served with sweet potato wedges and fresh crunchy slaw.



40 minutes



chicken



2 servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	14g	51g

FROM YOUR BOX

SWEET POTATOES	400g
ROSEMARY SPRIG	1
GARLIC CLOVE	1
TOMATO PASTE (WITH HERBS)	1 sachet
CHICKEN TENDERLOINS	300g
GREEN APPLE	1
CELERY STICK	1
SHREDDED CABBAGE	250g
CREAMY FRENCH	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce

COOKING TOOLS

frypan, oven dish

You can crumb the chicken if that works better with your kids!

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. Roast the wedges

Set oven to 220°C. Cut **sweet potato** into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25 minutes or until golden and tender.

tip You can cut the sweet potato into rounds or fries if you prefer.



4. Cook the chicken

Heat a frypan with **oil/butter** over medium heat. Add **chicken** and cook for 6-8 minutes or until golden and cooked through.

tip Cook the chicken on the BBQ if you prefer!



2. Marinate the chicken

Finely chop **rosemary leaves** and **crush garlic**. Combine in a shallow bowl with **tomato paste, 1 tbsp soy sauce** and **1-2 tbsp oil**. Season with **salt and pepper**, toss in **chicken** to coat.



3. Prepare the slaw

Thinly slice **apple** and **celery**. Toss with **shredded cabbage** and **creamy French**. Set aside in the fridge until serving.

tip Serve celery, apple and capsicum in sticks on the side if kid prefer!



5. Finish and serve

Serve **chicken** and **sweet potato wedges** with **slaw** at the table.