



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

for the
little ones

Sweet
Potato

Veggies

Chicken Nuggets &
aioli



CRISPY Chicken Goujons

Crispy, crunchy chicken goujons with sweet potato wedges and a fun pear salad – perfect for Little Chefs to help make!



35 Minutes



Chicken



4/6 Servings

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review. **Something not right?** Text us on **0448 042 515** or email hello@dinnertwist.com.au

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
CHICKEN SCHNITZELS	600g	600g + 300g
BABY COS LETTUCE	1	2-pack
LEBANESE CUCUMBER	1	2
PEAR	1	2
CARROT	1	2
CORNFLAKES	100g	100g + 50g
CREAMY FRENCH DRESSING	2 sachets	2 sachets

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground (or smoked) paprika, 1 egg (optional)

COOKING TOOLS

large frypan, saucepan

Pop any leftover chicken goujons and salad into a soft roll with a little French dressing for an easy next-day lunch!

Before you start cooking!

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



1. Roast the Sweet Potato

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

tip Cut the sweet potatoes into rounds instead if you prefer.



4. Cook the chicken

Heat a frypan with **oil** over medium heat. Add **chicken** and cook until golden and cooked through (in batches, 4-5 minutes on each side).

tip You can bake the chicken in the oven if preferred! Spray with oil, place on a tray and bake for 20 minutes.



2. Prepare the CRUMB

Place **cornflakes** in a bowl and crush with your hands or a rolling pin. Season with **salt**, **pepper** and a sprinkle of **paprika**.



5. Prepare the Salad

Tear **baby cos** into bite-sized pieces. Slice **cucumber**. Dice or thinly slice **pear**. Peel **carrot** into ribbons (alternatively grate). Layer or toss all in a bowl for serving.

tip Dress with some olive oil and vinegar if you prefer!



3. CRUMB the chicken

Crack **1 egg** into a bowl and whisk with a fork. Slice **chicken schnitzels** into strips, dip into the **egg**, then press into the **cornflake crumb** to coat.

tip No egg? Rub chicken with a little oil or aioli to help the cornflake crumb stick.



6. Finish and Serve

Pour **creamy French dressing** into a small bowl.

Serve **chicken goujons** with **sweet potato wedges, salad and sauce**.