DINNER TWIST
LOCAL, HEALTHY, DELIVERED

FOR the
LitTLe ONeS

CRUNCHY
VeGGieS

SLiceD CRiSPY chickeN,
WeDGeS & tomato Sauce

SeSame CHickeN

Crispy chicken schnitzels crumbed with panko & sesame seeds, served with baby wedges and a mild curry mayo for dipping.

🕐 35 Minutes   🍴 4 SerVings   🐔 chickeN

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FROM YOUR BOX

BABY POTATOES	800g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
CHERRY TOMATO MEDLEY	200g
SESAME SEED + PANKO MIX	70g
CHICKEN SCHNITZELS	600g
CURRY MAYO	1 sachet

FROM YOUR PANTRY

oil/butter for cooking, salt

COOKING TOOLS

oven tray, large frypan

Serve the chicken over mash or in a wrap with salad and sauce if you prefer!

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 - panko and sesame mix is replaced with sesame seeds. Follow recipe instructions.

1. Roast the Potatoes

Set oven to 220ºC.

Cut **potatoes** into wedges and toss on a lined oven tray with **oil and salt**. Roast on top rack of the oven for 25 minutes or until golden and cooked through.

> tip *Add some fresh or dried herbs if you if you like!*

2. Prepare the Salad

Trim and chop **baby cos lettuce**, dice **cucumber** and halve **cherry tomatoes**. Toss together in a bowl, or serve separately.

> tip *Dress the salad with some olive oil and vinegar if you like.*

3. Crumb the Chicken

Transfer p**anko and sesame mix** to a bowl or plate and season with **salt**. Press **schnitzels** into crumb to coat.

> tip *Cut chicken into nuggets before crumbing if you think that works better for your family.*

4. Cook the Chicken

Heat a frypan with **3 tbsp oil/butter** over medium heat. Add crumbed chicken and cook (in batches) for 5-6 minutes on each side or until cooked through.

5. Finish and Serve

Slice chicken.

Serve with wedges, salad and **curry mayo** for dipping.