



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: POLENTA

Polenta is made from ground corn and is super versatile! This week we are using it as a crumb for the chicken - it makes it crispy and has a lovely yellow colour!



1. CRISPY CHICKEN CAESAR

A simple caesar salad served alongside crispy polenta crumbed chicken schnitzels and topped with croutons to serve!

 20 Minutes

 2 Servings

FROM YOUR BOX

BREAD ROLL	1 *
POLENTA	1 packet (50g)
CHICKEN SCHNITZELS	300g
BABY COS LETTUCE	1
TOMATO	1
SNOW PEAS	1/2 packet (75g) *
CAESAR DRESSING	50g
CHIVES	1/2 bunch *
AVOCADO	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, dried rosemary

KEY UTENSILS

large frypan

NOTES

Add a crushed garlic to croutons if you have in your pantry!

Skip polenta and cook chicken as is. Shred and toss through salad if preferred!

No gluten option - bread roll is replaced with 1/2 GF bread loaf.



1. MAKE THE CROUTONS

Tear bread roll into bite sized pieces. Toss with **1-2 tbsp olive oil and salt** (see notes). Toast in a large, dry frypan until golden and crispy. Set aside, reserve pan for step 2.



2. CRUMB & COOK THE CHICKEN

Place polenta on a plate and season with **1/2 tsp rosemary, salt and pepper**. Reheat frypan with **oil** over medium heat. Press chicken into polenta to crumb then place in the pan to cook for 5-6 minutes on each side or until cooked through.



3. PREPARE THE SALAD

Trim and roughly chop lettuce and dice tomato. Trim and slice snow peas. Toss in a large bowl with **1/2 tbsp olive oil, dressing and chopped chives**.



4. FINISH AND PLATE

Slice chicken (optional) and quarter avocado. Serve alongside salad and top with croutons.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

