



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!

 25 Minutes

 4 Servings

25 May 2020

FROM YOUR BOX

MEDIUM POTATOES	3
POLENTA	1 packet (100g)
CHICKEN SCHNITZELS	600g
BABY COS LETTUCE	2-pack
CHERRY TOMATOES	1 packet (200g)
GREEN CAPSICUM	1
CAESAR DRESSING	100g
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

oven tray, 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!



1. ROAST THE POTATO CROUTONS

Set oven to 220°C.

Dice potatoes into small chunks. Toss with **oil, salt and 1/2 tsp rosemary** (see notes) on a lined oven tray. Roast for 18-20 minutes or until golden and tender.



4. FINISH AND PLATE

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



2. CRUMB & COOK THE CHICKEN

Place polenta on a plate and season with **1 tsp rosemary, salt and pepper**. Heat a large 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, halve cherry tomatoes and slice capsicum. Toss in a large bowl with **1 tbsp olive oil, dressing and chopped chives**.