



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CORIANDER

The whole coriander plant is edible and with roots carrying the most flavour! You either love or hate coriander, some people describe it as leaving a soapy taste in their mouths. The reason for the unpleasant taste has actually got to do with genetics!



2. CRUNCHY CHICKEN NOODLE SALAD

Crispy cornflake crusted chicken schnitzels with a rainbow noodle salad of kale, carrot and beetroot.

 35 Minutes

 2 Servings

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
51g	14g	62g

1 June 2020

FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (100g)
KALE	1/2 bunch *
CARROT	1
CHERRY TOMATOES	1/2 bag (100g) *
CORIANDER	1/2 packet *
SHREDDED BEETROOT	1/2 bag *
CORNFLAKES	1 packet (50g)
CHICKEN SCHNITZELS	300g
RED CHILLI	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, white (or rice) wine vinegar, sweet chilli sauce (or chilli sauce), soy sauce (or tamari),

KEY UTENSILS

saucepan, frypan

NOTES

You can use sesame oil in the dressing for added flavour.

Crush the cornflakes in the bag it comes in or alternatively use a small food processor.



1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles to boiling water and simmer for 2 minutes, or until cooked al dente. Drain and rinse in cold water.



2. PREPARE THE DRESSING

Combine **1 1/2 tbsp sweet chilli (or 1/2 tbsp chilli sauce)** with **1 tbsp vinegar**, **1 tbsp soy sauce** and **1 tbsp oil** (see notes). Set aside.



3. PREPARE THE SALAD

Thinly slice kale leaves. Pour over 1/2 tbsp of dressing and use hands to scrunch the leaves until tender. Julienne or grate carrot, halve tomatoes and chop coriander. Set aside with shredded beetroot.



4. PREPARE THE CHICKEN

Crush the cornflakes into a crumb (see notes). Coat chicken with **oil**, **salt** and **pepper**. Press into the crushed cornflakes until coated.



5. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook chicken for 4-5 minutes each side or until cooked through.



6. FINISH AND PLATE

Toss cooked noodles with salad and dressing. Serve with crumbed chicken on the side and garnish with sliced chilli.