



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

 4 Servings

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
53g	5g	89g

1 June 2020

## FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (250g)
KALE	1/2 bunch *
CARROT	1
CHERRY TOMATOES	1 bag (200g)
CORIANDER	1/2 packet *
SHREDDED BEETROOT	1/2 bag *
CORNFLAKES	1 packet (100g)
CHICKEN SCHNITZELS	600g
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 **3 tbsp sweet chilli (or 2 tbsp chilli sauce)** with **2 tbsp vinegar**, **2 tbsp soy sauce** and **2 tbsp oil** (see notes). Set aside.



### 3. PREPARE THE SALAD

Thinly slice kale leaves. Pour over 1 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.