



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Cornflakes

Cornflakes were invented by mistake!  
Two brothers named John & Will Kellogs were trying to create bland foods for their patients and accidentally left out rolled wheat and corn. These quickly went stale, and cornflakes were born!

## 2 Crispy Herbed Chicken with Chips and Aioli

Recreate crunchy take-away with fresh, wholesome ingredients and minimal effort!



30 minutes



2 servings



Chicken

29 June 2020

## Fun salad plating

Keep the kids busy — have them plate up the salad on a big platter! Suggest they colour-sort it, create a big smiley face, or make it look as gourmet as possible! And if old enough to handle a knife, they can even chop the veggies themselves first.

## FROM YOUR BOX

MEDIUM POTATOES	3
PARSLEY	1/2 bunch *
CORNFLAKES (GF)	1 packet (50g)
SLICED CHICKEN BREAST FILLET	300g
CHERRY TOMATOES	1 bag (200g)
LEBANESE CUCUMBER	1
PEAR	1
AIOLI	1 tub (50g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried thyme

## KEY UTENSILS

oven tray, frypan

## NOTES

You can crush the cornflakes in the bag they come in — or, use a small food processor for a finer crumb.

You can skip crumbing the chicken if you're in a hurry.

Make a quick dressing for the salad by mixing 1/2 tbsp olive oil, 1 tsp vinegar of choice, 1 tsp honey, and a little salt and pepper.



### 1. COOK THE CHIPS

Set oven to 220°C.

Cut potatoes into chips. Toss on a lined oven tray with **oil, 1/2 tsp thyme, salt and pepper**. Cook for 20–25 minutes until golden and crunchy.



### 2. CRUMB THE CHICKEN

Chop parsley to yield 1 tbsp, mix with **1 tbsp oil, 1/2 tsp thyme, salt and pepper**.

Crush the cornflakes (see notes) and spread onto a plate. Coat chicken with herb mix, then press down into crumbs to coat.



### 3. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Cook the chicken for 4–5 minutes each side until golden and cooked through. Add more oil to the pan in between if needed.



### 4. MAKE THE SALAD

Halve cherry tomatoes, cut cucumber into sticks and slice pear. Arrange on a serving platter (see notes).



### 5. FINISH AND PLATE

Serve chicken, chips and salad with aioli for dipping.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

