




Product Spotlight: Cornflakes


Cornflakes were invented by mistake! Two brothers named John & Will Kelloggs 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

 4 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	800g
PARSLEY	1/2 bunch *
CORNFLAKES (GF)	1 packet (100g)
SLICED CHICKEN BREAST FILLET	600g
CHERRY TOMATOES	1 bag (200g)
PEAR	1
CONTINENTAL CUCUMBER	1
CELERY STICKS	2
AIOLI	2 x 50g tubs

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, large 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 tbsp olive oil, 1/2 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 tsp thyme, salt and pepper**. Cook for 20–25 minutes until golden and crunchy.



2. CRUMB THE CHICKEN

Chop parsley to yield 2 tbsp, mix with **2 tbsp oil, 1 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 large frypan with **oil** over medium-high heat. Cook the chicken (in batches if necessary) for 4–5 minutes on each side until golden and cooked through. Add more **oil** to the pan in between if needed.



4. MAKE THE SALAD

Halve cherry tomatoes, slice pear, cut cucumber and celery into sticks. 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

