



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

 2 servings

 Chicken

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

