



Product Spotlight: Sun-Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Chicken Lollipops with Sun-dried Tomato Mayo

Grilled chicken tenderloin skewers with a honey and herb marinade, alongside crispy potato cubes, chopped salad and a tasty sun-dried tomato mayonnaise for dipping.



30 minutes



2 servings



Chicken

Change the mayo!

If you don't feel like a sun-dried tomato mayo, you can blend a fresh herb instead or combine the mayonnaise with some pesto!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	50g	101g

FROM YOUR BOX

MEDIUM POTATOES	3
SUN-DRIED TOMATOES	1 tub
AIOLI	100g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
TOMATO	1
CELERY STALK	1
GARLIC CLOVE	1
CHICKEN TENDERLOINS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), honey, skewers (optional), dried oregano

KEY UTENSILS

large frypan or griddle pan, oven tray, stick mixer or small food processor

NOTES

You can add dried oregano or fresh chopped rosemary to the potatoes if you prefer!

You can use maple syrup instead of honey for the dressing. We used red wine vinegar.



1. ROAST THE POTATOES

Set oven to 220°C.

Dice **potatoes** and toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast in oven for 20-25 minutes until golden and cooked through.



2. MAKE THE MAYO

Roughly chop **sun-dried tomatoes**. Blend together with **aioli** and **1/2 cup water** using a stick mixer until smooth.



3. PREPARE THE SALAD

In a large salad bowl, whisk together **1 tbsp vinegar**, **1/2 tbsp honey** and **1 tbsp olive oil** (see notes). Rinse and chop **lettuce leaves**. Chop **cucumber**, **tomato** and **celery**. Add to bowl with dressing and toss until combined.



4. PREPARE THE CHICKEN

Crush **garlic**. Combine with **1/2 tbsp oregano**, **1/2 tbsp honey** and **1 tbsp oil**. Toss **chicken** to coat and season with **salt and pepper**. Thread chicken onto **skewers** (optional).



5. COOK THE CHICKEN

Heat a frypan, BBQ or griddle-pan over medium-high heat with **oil**. Cook chicken for 3-4 minutes each side or until cooked through.



6. FINISH AND SERVE

Serve chicken, potatoes and salad with sun-dried tomato mayo for dipping.



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