



Product Spotlight: Snow Peas

Snow peas are sweet, tender and delicious either briefly cooked or eaten raw. If they dehydrate in the fridge (or turn soft), you can trim the ends and place the sugar snaps in a bowl of cold water for 10 minutes to crisp up again.



Cornflake Chicken with Potato Salad

Crispy cornflake coated chicken schnitzels paired with a creamy yoghurt based potato salad with celery and dill. Served with mixed salad and crunchy snow peas.



30 minutes



2 servings



Chicken

Switch it up!

Wedge and roast the potatoes instead and serve with cornflake chicken, salad and sauce on the side for dipping. Add a tablespoon of mayonnaise to sauce for a smoother touch.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	22g	36g

FROM YOUR BOX

BABY POTATOES	500g
CELERY STICK	1
DILL	1 packet
NATURAL YOGHURT	1 tub
CORNFLAKES	40g
CHICKEN SCHNITZELS	300g
SNOW PEAS	150g
MESCLUN LEAVES	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

saucepan, large frypan

NOTES

You can add spring onion or red onion, capers, mustard, or parmesan to the sauce for more flavour!

Gently crush cornflakes in the bag. Add 1/2 tsp ground or smoked paprika for added flavour.

You can dress the salad leaves with your favourite pre-made dressing or serve with a chutney if desired.



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1. BOIL THE POTATOES

Quarter **potatoes** and place in a saucepan. Cover with water, bring to a boil and simmer for 10–12 minutes or until tender. Drain and cool under cold running water.



2. PREPARE THE SAUCE

Meanwhile, finely chop **celery** and **dill**. Combine with **yoghurt** in a medium bowl (see notes). Set aside in the fridge.



3. CRUMB THE CHICKEN

Crush **cornflakes** into a fine crumb (see notes). Spread on a plate and season with **salt and pepper**. Press **schnitzels** into **crumb** to coat.



4. COOK THE CHICKEN

Heat a large frypan with **oil** over medium-high heat. Cook **chicken** for 4–5 minutes on each side or until golden and cooked through.



5. TOSS THE POTATOES

Trim and halve **snow peas**.

Toss drained **potatoes** with **yoghurt sauce**. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve **chicken schnitzels** with **potato salad** and side of **mesclun leaves** (see notes). Scatter over **snow peas**.

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