



Product Spotlight: Lupin Crumbs

Coastal Crunch's lupin crumb is great for crumbing, as a pasta topping, or anywhere you would use breadcrumbs, and it's available from our Marketplace!



Crumbed Chicken Fingers with Chips

Herb and garlic crumbed chicken fingers with golden chips, chopped salad and tartare sauce for dipping.

 35 minutes

 2 servings

 Chicken

Make a burger!

Keep the schnitzels whole instead of making fingers. Crumb and cook until golden and serve with salad ingredients and sauce in a soft burger bun!

Per serve: **PROTEIN** 34g **TOTAL FAT** 28g **CARBOHYDRATES** 36g

FROM YOUR BOX

MEDIUM POTATOES	3
BABY COS LETTUCE	1
TOMATO	1
AVOCADO	1
LEMON	1
CHICKEN SCHNITZELS	300g
HERB GARLIC CRUMB	1 packet
TARTARE SAUCE	1 sachet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

oven tray, frypan

NOTES

You can leave the chicken as schnitzels instead of making fingers if preferred.



1. ROAST THE CHIPS

Set oven to 220°C.

Cut **potatoes** into chips and toss on a lined oven tray with **1/2 tsp dried oregano, oil, salt and pepper**. Roast for 25-30 minutes until golden and cooked through.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat and cover base with **oil**. Cook **chicken** (in batches if needed) for 4-5 minutes each side or until cooked through.



2. PREPARE THE SALAD

Rinse and chop **lettuce, tomato** and **avocado**. Toss together with **juice from 1/2 lemon** (wedge remaining) and **1 tbsp olive oil**. Season with **salt and pepper**.



3. CRUMB THE CHICKEN

Cut **chicken** into fingers and season with **salt** (see notes). Spread **herb garlic crumb** onto a plate. Press **chicken fingers** on to **crumb** to coat.



5. FINISH AND SERVE

Serve **chicken, chips** and **salad** with **tartare sauce** and **lemon wedges**.



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