



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



4/6 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
4/6 Person:	40g	25g	53g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
SUN-DRIED TOMATOES	1 tub	1 tub
AIOLI	100g	2 x 100g
BABY COS LETTUCE	1	2-pack
LEBANESE CUCUMBER	1	2
TOMATOES	2	3
CELERY STALKS	2	3
GARLIC CLOVES	2	3
CHICKEN TENDERLOINS	600g	600g + 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

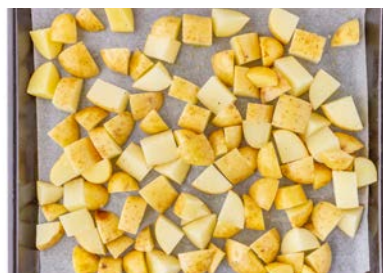
NOTES

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.



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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.



4. PREPARE THE CHICKEN

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

6P - use 3 tbsp oil.



2. MAKE THE MAYO

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

6P - blend 1 tub sun-dried tomatoes with 2 sachets aioli and 1/2-3/4 cup water.



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.



3. PREPARE THE SALAD

Whisk together **1 tbsp vinegar, 1/2 tbsp honey** and **1 tbsp olive oil** (see notes).

Rinse and chop **lettuce, cucumber, tomatoes** and **celery**. Toss with **dressing** and until combined.

6P - Whisk together 2 tbsp vinegar, 1 tbsp honey and 2 tbsp olive oil.



6. FINISH AND SERVE

Serve **chicken, potatoes** and **salad** with **sun-dried tomato mayo** 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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

