



## 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

### 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.



### 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.



### 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.



### 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**.



### 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.



### 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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