



**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



4 servings

Chicken

| | | | |
|------------|----------------|------------------|----------------------|
| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
| | 31g | 16g | 79g |

FROM YOUR BOX

| | |
|--------------------|----------|
| BABY POTATOES | 1kg |
| CELERY STICK | 1 |
| DILL | 1 packet |
| NATURAL YOGHURT | 1 tub |
| CORNFLAKES | 80g |
| CHICKEN SCHNITZELS | 600g |
| 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 mesclun 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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