



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.

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!

 35 minutes

 4 servings

 Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	26g	59g

FROM YOUR BOX

MEDIUM POTATOES	800g
BABY COS LETTUCE	2-pack
TOMATOES	2
AVOCADO	1
LEMON	1
CHICKEN SCHNITZELS	600g
HERB GARLIC CRUMB	80g
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.



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1. ROAST THE CHIPS

Set oven to 220°C.

Cut **potatoes** into chips and toss on a lined oven tray with **1 tsp 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

Separate and rinse **lettuce** leaves. Roughly chop lettuce, **tomatoes** and **avocado**. Toss together with juice from 1/2 lemon (wedge remaining) and **1/2 tbs 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.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

