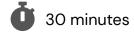




2 Crunchy Cornflake Chicken

Crispy cornflake chicken tenders with rice and salad. Accompanied with a home made simple BBQ & orange dressing.





2 servings



Make nuggets!

Cut the tenderloins into 2–3 chunks before crumbing for chicken nuggets. Add some chips instead of the rice for an 'almost' take away dinner.

FROM YOUR BOX

| BASMATI RICE | 150g |
|----------------------------------|----------------|
| ORANGE | 1 |
| BBQ SAUCE | 1/4 cup * |
| CORNFLAKES (GF) | 1 packet (50g) |
| | |
| CHICKEN TENDERLOINS | 300g |
| CHICKEN TENDERLOINS GEM LETTUCE | 300g 2 * |
| | · · |
| GEM LETTUCE | 2 * |

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, red wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Use the rice tub to quickly measure 1.5 x amount of water.

Cut the carrots and cucumber into sticks if preferred.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE DRESSING

Zest the orange. Juice half the orange and whisk together with 1 tsp zest, 1/4 cup BBQ sauce, 2 tbsp olive oil, 1 tbsp red wine vinegar, salt and pepper.



3. CRUMB THE CHICKEN

Crush cornflakes to resemble a crumb. Coat chicken with **oil**, **salt and pepper**. Press into cornflakes to coat.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with oil. Cook chicken for 6-8 minutes on each side or until golden and cooked through.



5. MAKE THE SALAD

Wedge lettuce, ribbon carrot and cucumber (see notes). Slice remaining orange. Arrange in a serving bowl.



6. FINISH AND SERVE

Serve crunchy chicken and salad with rice. Pour over dressing to taste.

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



