



Product Spotlight: Carrots

Bendy carrots? Cut off the top and bottom and place in a container with water overnight! Don't let your fridge dehydrate your vegetables, make sure you cover them well when storing in the fridge.



3 Chicken Lollipop Dippers with Sweet Chilli Dressing

Simply seasoned chicken on a stick, always a favourite with children. Accompanied by baby potatoes, an array of salad and a sweet chilli dressing for dipping.

 30 minutes

 2 servings

 Chicken

29 October 2021

Mix it up!

Dice and add the carrots into the saucepan with the potatoes and eggs. Toss all together with some mayonnaise and chopped soft herbs for a delicious potato salad.

FROM YOUR BOX

BABY POTATOES	400g
FREE RANGE EGGS	2
CHICKEN BREAST FILLET	300g
LIME	1
SOUR CREAM	200g
GEM LETTUCE	2
CARROT	1
GREEN CAPSICUM	1/2 *
GREEN APPLE	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, sweet chilli sauce

KEY UTENSILS

frypan, saucepan, skewers (optional)

NOTES

You can cook the chicken on the barbecue if you prefer.

If the dressing is too sour for junior taste buds add 1/4-1/2 tsp sugar to sweeten.



1. COOK THE POTATOES

Quarter potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10-15 minutes, or until tender. Add eggs to saucepan for the last 7 minutes of cooking. Drain and cool under cold water.



2. COOK THE CHICKEN

Heat frypan over medium-high heat. Slice chicken breast into 3-4 pieces lengthways. Rub with 1/2 tsp lime zest, **1/2 tsp dried thyme, oil, salt and pepper**. Thread onto skewers (optional). Cook for 10-12 minutes, turning, or until cooked through (see notes).



3. MAKE THE DRESSING

Whisk together sour cream, juice from 1/2 lime, and **2 tbsp sweet chilli sauce**. Season to taste with salt and pepper (see notes).



4. MAKE THE SALAD

Peel and quarter eggs. Wedge lettuces and ribbon carrot. Thinly slice capsicum and apple. Arrange on a serving platter with potatoes and eggs.



5. FINISH AND SERVE

Take chicken, salad and dressing to the table for everyone to help themselves.

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**

