



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: GF Cornflakes

Cornflakes are, as the name implies, made from corn. You may recognise them from your brekky bowl, but they're also great to use for crumbing fish and chicken!



2 Crunchy Cornflake Tenders

Crunchy chicken tenders in GF cornflakes, roasted sweet potatoes, nectarine salsa and smokey BBQ sauce on the side.

 30 minutes

 2 servings

 Chicken

21 December 2020

Nuggets

You can cut the chicken into smaller pieces before crumbing and frying them to make homemade chicken nuggets.

FROM YOUR BOX

SWEET POTATOES	400g
CORNFLAKES	1 packet (50g)
CHICKEN TENDERLOINS	300g
CONTINENTAL CUCUMBER	1/2 *
GREEN CAPSICUM	1/2 *
NECTARINE	1
SPRING ONION	1
PARSLEY	1/2 bunch *
BBQ SAUCE	1/2 bottle *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, vinegar (of choice), smoked paprika (optional)

KEY UTENSILS

frypan, oven tray

NOTES

Crush the cornflakes in the packet or use a small food processor for a finer crumb.

If preferred, cut cucumber and capsicum into sticks and nectarine into wedges.



1. COOK THE POTATOES

Set oven to 220°C.

Slice sweet potatoes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15–20 minutes until tender.



2. CRUMB THE CHICKEN

Crush cornflakes to resemble a crumb (see notes). Coat chicken with **1/2 tsp paprika, oil, salt and pepper**. Roll in cornflakes to coat.



3. COOK THE CHICKEN

Heat frypan with **oil** over medium-high heat. Cook chicken for 4–5 minutes each side until golden and cooked through.



4. MAKE THE SALSA

Dice cucumber, capsicum and nectarine (see notes). Slice spring onion and chop parsley to yield 1–2 tbsp. Add to a bowl. mix well with **2 tsp olive oil and 1 tsp vinegar**. Season with **salt and pepper**.



5. FINISH AND PLATE

Serve crunchy chicken with sweet potato rounds, salsa and barbecue sauce on the side.

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**

