



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Beerenberg Caesar Dressing


Gluten-free, fish-free,
Australian-made, and
full of sweet & tangy
flavour. In other
words, it's a sure
family favourite!



2 Chicken Caesar Subs

Caesar salad — but as a sandwich! Tender free-range chicken, smokey pepitas, creamy avocado, crisp lettuce, and a sweet & tangy Caesar dressing.

 25 minutes

 4 servings

 Chicken

16 July 2021

Platter-style

If preferred, serve this dish as a traditional Caesar salad. Prepare the chicken, pepitas and veggies as per the recipe. Transform the rolls into croutons; dice or roughly tear, toss with salt, pepper and a generous drizzle of olive oil, and bake in a 220°C oven for a few minutes until crispy and golden.

FROM YOUR BOX

PEPITAS	1 packet (40g)
CHICKEN TENDERLOINS	600g
COS LETTUCE	2-pack
CARROT	1
AVOCADO	1
LEBANESE CUCUMBER	1
CAESAR DRESSING	1/2 bottle *
WHOLEMEAL ROLLS	4-pack

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

large frypan

NOTES

You can season the chicken to your liking – for example, add some crushed garlic, smoked paprika, or dried green herbs.

No gluten option - bread rolls are replaced with GF rolls.



1. TOAST THE PEPITAS

Set oven to 220°C (optional, for step 4).

Heat a frypan over medium-high heat. Add pepitas, **1/2 tsp oil and 1/2 tsp paprika**. Fry for 1-3 minutes, until pepitas are golden. Remove to a plate lined with paper towel. Reserve pan.



2. COOK THE CHICKEN

Re-heat the frypan over medium-high heat. Toss chicken tenderloins with **oil, salt and pepper** (see notes). Cook for 4-5 minutes each side or until golden and cooked through.



3. PREPARE THE SALAD

Chop lettuce, ribbon carrot, using a peeler (or grate), slice avocado and cucumber. Arrange on a plate with pepitas and Caesar dressing.



4. TOAST ROLLS (OPTIONAL)

Slice rolls open and heat in the oven for 2-3 minutes until golden.



5. FINISH AND PLATE

Slice chicken and take to the table with fresh ingredients so everyone can construct their own subs.

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**

