



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Oranges


Orange trees were first grown in China. There are now over 600 varieties, grown all over the world.



## 2 Crunchy Cornflake Chicken

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

 30 minutes

 4 servings

 Chicken

10 September 2021

*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	300g
ORANGE	1
BBQ SAUCE	1/4 cup *
CORNFLAKES (GF)	1 packet (100g)
CHICKEN TENDERLOINS	600g
GEM LETTUCE	2 *
CARROTS	2
LEBANESE CUCUMBER	1

*\*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 carrots 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](mailto:hello@dinnertwist.com.au)

