



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

 4 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	800g
CORN COB	1
CORNFLAKES	1 packet (100g)
CHICKEN TENDERLOINS	600g
CONTINENTAL CUCUMBER	1/2 *
NECTARINES	2
SPRING ONIONS	1/4 bunch *
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

large frypan, oven tray

## NOTES

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

If preferred, cut cucumber 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. CHAR THE CORN

Heat a frypan over high heat. Peel the corn and cook, turning occasionally, for 6–8 minutes until lightly charred. Remove from pan and when cool, remove cobs into a bowl. Keep pan.



### 3. CRUMB THE CHICKEN

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



### 4. COOK THE CHICKEN

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



### 5. MAKE THE SALSA

Dice cucumber and nectarines (see notes). Slice spring onions and chop parsley to yield 2 tbsp. Add to corn and mix well with **1 tbsp olive oil and 1/2 tbsp vinegar**. Season with **salt and pepper**.



### 6. 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**

