

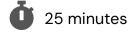




## **Herby Chicken**

### and Sweet Potato Chips

Golden chicken schnitzels cooked with dried tarragon and served with sweet potato chips, fresh garden salad and creamy mayonnaise dipping sauce.





2 servings



Chicken

# Spruce it up!

You can add ground cumin or coriander to the sweet potato chips for some added flavour. Coat the chicken with breadcrumbs or cornflakes if preferred.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

23g

39g

#### FROM YOUR BOX

SWEET POTATOES	500g
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
ТОМАТО	1
CHICKEN SCHNITZELS	300g
AIOLI	1 sachet

#### FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon

#### **KEY UTENSILS**

frypan, oven tray

#### **NOTES**

You can dress the salad with your favourite vinaigrette. To make a simple one, whisk together 1 tbsp vinegar or lemon juice with 1 tbsp olive oil.

Substitute dried tarragon with dried rosemary, thyme or oregano.



#### 1. ROAST THE POTATOES

Set the oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with oil, salt and pepper. Roast in oven for 20 minutes until cooked through.



#### 2. PREPARE THE SALAD

Tear and rinse **lettuce leaves.** Slice **cucumber** and wedge **tomato**. Toss in a salad bowl (see notes).



#### 3. COOK THE CHICKEN

Heat a frypan with 1/2 tbsp butter and 1 tsp oil over medium-high heat. Coat chicken with 1/2-1 tsp dried tarragon (see notes), salt and pepper. Cook in pan for 3-4 minutes each side or until cooked through.



#### 4. FINISH AND SERVE

Serve **sweet potato chips, salad** and **chicken** on plates with **aioli sauce**.





