



### Product Spotlight: Avocado

Did you know avocado trees do not self-pollinate? They need another avocado tree close by to grow. So romantic!



## Chicken Caesar Subs with Sweet Potato Chips

Free-range chicken tenderloins coated with panko crumbs and pan-fried, served in a fresh sourdough roll with crunchy baby cos lettuce and avocado, and a side of sweet potato chips.



30 minutes



2 servings



Chicken

## Add to it!

*You can add chopped up boiled egg, shaved parmesan cheese or cooked bacon to the subs if you want to!*

Per serve: **PROTEIN** 51g **TOTAL FAT** 29g **CARBOHYDRATES** 87g

## FROM YOUR BOX

SWEET POTATO	400g
POTATO SALAD DRESSING	1 packet
BABY COS LETTUCE	1
AVOCADO	1
CHICKEN TENDERLOINS	300g
PANKO CRUMBS	40g
SOURDOUGH ROLLS	2-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

## KEY UTENSILS

frypan, oven tray

## NOTES

To prepare an avocado, hold it steady with one hand and slice through the skin lengthwise until you hit the pit. Cut around the entire fruit. Gently twist the two halves in opposite directions to separate them.

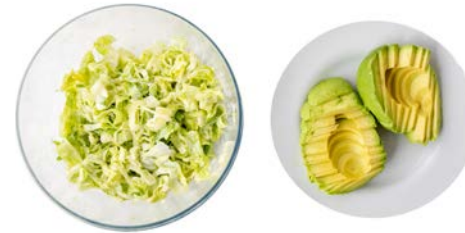
**No gluten option - sourdough rolls are replaced with GF sandwich rolls.**



### 1. ROAST THE CHIPS

Set oven to 250°C.

Cut **sweet potato** into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and crispy.



### 2. PREPARE THE INGREDIENTS

Add **dressing** and **2 tsp water** to a large bowl and whisk to combine. Thinly shred **lettuce** and toss with **dressing**.

Slice **avocado** (see notes).



### 3. CRUMB THE CHICKEN

Coat **chicken** with **oil, 1 tbsp Italian herbs, salt and pepper**. Spread **panko crumbs** on a plate and press **chicken** into the **panko** to coat.



### 4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Add **chicken** and cook for 4–6 minutes each side (see notes) until **chicken** is golden and cooked through.



### 5. WARM THE ROLLS

Cut **rolls** lengthways, **3/4** of the way through. Place in the oven for 3–5 minutes until warmed through.



### 6. FINISH AND SERVE

Divide **chips** among plates. Fill **rolls** with **lettuce, avocado** and **chicken**.



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