



### 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.

35 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 | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 47g     | 33g       | 104g          |

## FROM YOUR BOX

|                       |          |
|-----------------------|----------|
| SWEET POTATOES        | 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.

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

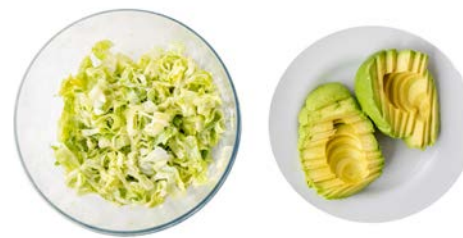
**No gluten option - sourdough rolls are replaced with GF sandwich rolls.**



### 1. ROAST THE CHIPS

Set oven to 250°C.

Cut **potatoes** 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 **1 1/2 tbsp 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 crumb.



### 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.



Scan the QR code to  
submit a Google review!

**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**

