



Product Spotlight: Cornflakes

The cornflakes in your box are naturally gluten-free. Crush the flakes in the packet, or you can use a small food processor!



Crumbed Chicken Fingers with Wedges and Relish

Cornflake crumbed chicken cooked until golden, served with herby roast potato wedges, fresh salad and relish for dipping.

Switch it up!

Season the chicken with a different spice or herb of choice! Dried oregano, lemon pepper, cayenne pepper or ground cumin work well! Stir some mayonnaise through the relish for a creamier dipping sauce.



35 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	8g	83g

FROM YOUR BOX

MEDIUM POTATOES	3
TOMATO	1
MIXED SALAD	1 bag
CHICKEN TENDERLOINS	300g
CORNFLAKES	40g
RELISH	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, dried thyme, smoked paprika

KEY UTENSILS

large frypan, oven tray

NOTES

The oven is set at 250°C for an extra golden finish on the potatoes. If your oven doesn't reach that high, set it at 220°C and leave the wedges in for longer until they crisp.

You can use a small food processor to form a finer crumb if preferred.



1. ROAST THE WEDGES

Set oven to 250°C (see notes).

Cut **potatoes** into wedges. Toss on a lined oven tray with **1/2 tsp thyme, oil, salt and pepper**. Roast for 20-25 minutes until golden and cooked through.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook chicken (in batches) for 4-5 minutes each side or until cooked through.



2. PREPARE THE SALAD

Wedge **tomato**. Toss together with **mixed salad** in a large salad bowl with **1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper**. Set aside.



5. FINISH AND SERVE

Serve chicken fingers with wedges, chopped salad and **relish** for dipping.



3. PREPARE THE CHICKEN

Cut the **chicken** into lengths to form strips (optional). Coat with **1/2 tsp smoked paprika, oil, salt and pepper**. Gently crush **cornflakes** in the bag to form a crumb (see notes). Press chicken into crumb until coated on all sides.



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