



### 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
	46g	4g	76g

## 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.

We recommend using a small food processor to form a finer crumb as it will stick more successfully to the chicken. You can also use an egg wash or 1 tbsp mayonnaise to coat the chicken before crumbing for best results.



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### 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 and cover base with **oil**. Cook **chicken** 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** to form a crumb (see notes). Press chicken into crumb until coated on all sides.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

