



### Product Spotlight: Lupin Crumb

This lupin crumb is made in Perth by Coastal Crunch. Flavoured with fragrant herbs & garlic that the whole family will love. It has a 5-Star Health Rating and is gluten-free (endorsed by Coeliac Australia)!



## Popcorn Chicken with Chips and Slaw

Golden chicken nuggets coated in a delicious herb & garlic crumb served with roast potato chips and a creamy coleslaw salad.



30 minutes



2 servings



Chicken

## Lighten it up!

*Instead of pan-frying the chicken, you can bake it in the oven. If you have an air fryer you can cook the chicken and chips in there!*

Per serve: **PROTEIN** 41g **TOTAL FAT** 33g **CARBOHYDRATES** 72g

## FROM YOUR BOX

MEDIUM POTATOES	3
DICED CHICKEN BREAST	300g
LUPIN CRUMB	40g
GREEN APPLE	1
COLESLAW	250g
CREAMY FRENCH DRESSING	2 sachets

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, oven tray

## NOTES

We set the oven to 250°C for extra golden chips. If your oven doesn't go that high, you can set it to 220°C and cook the chips for a bit longer until golden.

You can add a dried herb of choice to flavour the potato chips if desired!



### 1. ROAST THE CHIPS

Set oven to 250°C (see notes).

Cut **potatoes** into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



### 4. PREPARE THE COLESLAW

Meanwhile, slice **apple**. Toss with **coleslaw** and **1 sachet creamy dressing** until coated.



### 2. PREPARE THE CHICKEN

Place **chicken** into a large bowl. Season with **salt**. Add **lupin crumb** and toss to coat.



### 3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Cover the base of the pan with **oil**. Add **chicken** and cook for 8–10 minutes, turning, until cooked through. Remove to a paper towel to drain.



### 5. FINISH AND SERVE

Serve **chicken** with **chips, coleslaw** and **remaining creamy dressing** for dipping.



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