



**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	TOTAL FAT	CARBOHYDRATES
	67g	44g	104g

FROM YOUR BOX

MEDIUM POTATOES	3
DICED CHICKEN BREAST	300g
LUPIN CRUMB	40g
APPLE	1
COLESLAW	250g
CREAMY AIOLI 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.



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**

