



**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

4 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
	46g	27g	88g

FROM YOUR BOX

SWEET POTATOES	800g
POTATO SALAD DRESSING	2 packets
BABY COS LETTUCE	1
AVOCADO	1
CHICKEN TENDERLOINS	600g
PANKO CRUMBS	40g
SOURDOUGH ROLLS	4

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

KEY UTENSILS

large frypan, saucepan

NOTES

can go down to 40g panko for 600g chicken

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**.



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.



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