



### 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.



30 minutes



4/6 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
4/6 Person:	45g/49g	25g/31g	92g/99g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
POTATO SALAD DRESSING	2 packets	3 packets
BABY COS LETTUCE	2-pack	2-pack
AVOCADO	1	2
CHICKEN TENDERLOINS	600g	600g + 300g
PANKO CRUMBS	2x 40g	3x 40g
SOUDOUGH ROLLS	4	6

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

## KEY UTENSILS

large frypan, saucepan

## NOTES

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.**



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### 1. ROAST THE CHIPS

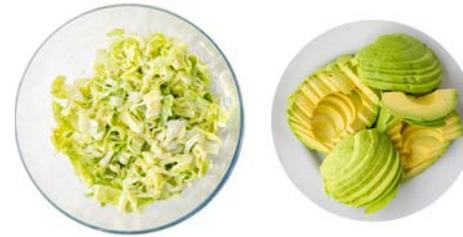
Set oven to 250°C.

Cut **sweet potatoes** into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes until golden and crispy.



### 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.



### 2. PREPARE THE INGREDIENTS

Add **dressing** and **1 tbsp water** to a large bowl and whisk to combine. Thinly shred **lettuce** and toss with **dressing**. Slice **avocado**.

6P - add **2 sachets dressing** to a large bowl to toss with lettuce.



### 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 coat.

6P - coat chicken with oil, 1 1/2 tbsp Italian herbs, salt and pepper.



### 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**.

6P - use remaining dressing in rolls to serve.

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

