

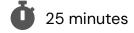




Herby Chicken

and Sweet Potato Chips

Golden chicken schnitzels cooked with dried tarragon and served with sweet potato chips, fresh garden salad and creamy mayonnaise dipping sauce.





4/6 servings Chicken



Spruce it up!

You can add ground cumin or coriander to the sweet potato chips for some added flavour. Coat the chicken with breadcrumbs or cornflakes if preferred.

TOTAL FAT CARBOHYDRATES 23g/18g 39g/44g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1 kg	1.5kg
GEM LETTUCE	3-pack	3-pack
LEBANESE CUCUMBER	1	2
TOMATOES	2	3
CHICKEN SCHNITZELS	600g	900g
AIOLI	1 sachet	2 sachets

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried tarragon

KEY UTENSILS

frypan, oven tray

NOTES

You can dress the salad with your favourite vinaigrette. To make a simple one, whisk together 1-2tbsp vinegar or lemon juice with 1-2 tbsp olive oil.

Substitute dried tarragon with dried rosemary, thyme or oregano.



1. ROAST THE POTATOES

Set the oven to 220°C.

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



2. PREPARE THE SALAD

Tear and rinse **lettuce leaves**. Slice **cucumber** and wedge **tomatoes**. Toss in a salad bowl (see notes).



3. COOK THE CHICKEN

Heat a frypan with 1-2 tbsp butter and 1-2 tbsp oil over medium-high heat. Coat chicken with 2-3 tsp dried tarragon (see notes), salt and pepper. Cook in pan for 4-5 minutes each side or until cooked through.



4. FINISH AND SERVE

Serve **sweet potato chips, salad** and **chicken** on plates with **aioli sauce**.



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