



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



4/6 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
4/6 Person:	40g	30g	62g/67g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
DICED CHICKEN BREAST	600g	600g + 300g
LUPIN CRUMB	2 x 40g	3 x 40g
GREEN APPLE	1	2
CELERY STICKS	2	3
COLESLAW	1 bag	2 bags
CREAMY FRENCH DRESSING	2 sachets	3 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!



Scan the QR code to submit a Google review!



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** and **celery sticks**. Toss with **coleslaw** and **1 sachet creamy dressing** until coated.

6P – toss with **coleslaw** and **2 sachets creamy dressing** until coated.



2. PREPARE THE CHICKEN

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



5. FINISH AND SERVE

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



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 (cook in batches if needed). Remove to a paper towel to drain.

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**

