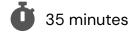


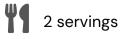




Chicken Po Boy Salad

Chicken tenderloins in Cajun spice and crispy quinoa flakes served in a fresh and crunchy po boy style salad with coriander herb oil and a side of homemade potato chips!







Make it traditional!

Serve the chicken and salad in long rolls if you like for a more traditional take on the Po Boy! Great for picnics!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

5

45g

5g

68g

FROM YOUR BOX

MEDIUM POTATOES	3
CORIANDER	1 packet
CHICKEN TENDERLOINS	300g
FAMILY CAJUN SPICE MIX	1 tub
QUINOA FLAKES	40g
RED CABBAGE	1/4
GREEN CAPSICUM	1
ТОМАТО	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, dried oregano, maple syrup

KEY UTENSILS

large frypan, oven tray, stick mixer or small blender

NOTES

Substitute olive oil with mayonnaise, aioli, or natural yoghurt for a creamy herb dressing.

Bake chicken in the oven if preferred. Place it on a lined oven tray and drizzle with a little oil. Bake for 10–15 minutes until golden and cooked through. Add 1/2 tsp cayenne to the spice mix for extra kick!

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.





1. MAKE THE CHIPS

Set oven to 220°C.

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



2. MAKE THE HERB OIL

Roughly chop coriander, including stems. Use a stick mixer to blend with 1/4 cup olive oil (see notes), 3 tbsp vinegar, 2 tsp oregano, 1 tsp maple syrup, 1 tbsp water, salt and pepper to a smooth consistency.



3. COAT THE CHICKEN

Coat chicken in oil, cajun spice mix, salt and pepper. Empty quinoa flakes onto a plate and roll chicken in flakes to coat (see notes).



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil.** Add **chicken**, in batches if necessary, and cook for 4-5 minutes each side until cooked through.



5. PREPARE THE SALAD

Meanwhile, thinly slice **cabbage**. Dice **capsicum** and **tomato**. Add to a bowl and toss with **1/2 herb oil** (reserve remaining to serve).



6. FINISH AND SERVE

Serve salad and chicken in a bowl with remaining dressing and a side of chips.

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 **0448 042 515** or send an email to hello@dinnertwist.com.au



