



Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



Cajun Chicken Po Boy Salad

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



30 minutes



2 servings



Chicken

Spice it up!

Make your own Cajun spice by combining 2 tbsp ground paprika, 1 tbsp garlic powder, 1 tbsp dried thyme, 1 tbsp celery salt and 1 tsp ground cayenne. Stir to combine and store any leftovers in a sealed container.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	29g	76g

FROM YOUR BOX

MEDIUM POTATOES	3
CORIANDER	1 packet
CHICKEN TENDERLOINS	300g
CORNFLAKES (GF)	1 packet (40g)
RED CABBAGE	1/4
GREEN CAPSICUM	1
TOMATO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, Cajun spice, 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.

Crush the cornflakes in the bag, or you can use a small food processor for a finer crumb.

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.



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 20–25 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**, **1 tsp Cajun spice**, **salt and pepper**. Crush cornflakes to resemble a crumb. Place onto a plate and press chicken 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

Finely 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.



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