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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Quinoa Flakes

Quinoa flakes are whole quinoa grains that have been steamed and rolled flat, just like rolled oats! Pressed onto the chicken, they toast up into a light, crunchy coating.

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!

35 minutes | 2 servings | Chicken

Make it traditional!

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

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	6g	66g

FROM YOUR BOX

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

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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 (see notes).



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**.

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