



### Product Spotlight: Lupin Crumb

This lupin crumb is made in Perth by Coastal Crunch, and is 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)!



## Herb Crumbed Chicken

### with Jalapeño Aioli

Chicken schnitzels coated in flavourful herb and garlic lupin crumbs served with corn cobettes, fresh and crunchy green salad and herbed jalapeño aioli.



25 minutes



2 servings



Chicken

## Spice it down!

*There are ways to make the jalapeño aioli milder. Try removing the seeds from the jalapeño, only add 1/2 or omit it. The jalapeño can be frozen and saved for another dish.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	49g	38g



## FROM YOUR BOX

JALAPEÑO	1
CHIVES	1 bunch
AIOLI	100g
CORN COB	1
LUPIN CRUMB	40g
CHICKEN SCHNITZELS	300g
GEM LETTUCE	3-pack
CELERY STICK	1
AVOCADO	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar

## KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

## NOTES

Remove seeds from jalapeño for a milder dish. If you don't want to get the stick mixer out, finely chop jalapeño and chives and mix in a bowl with aioli and water.

Rub the corn in butter or oil, and season with salt and pepper if desired.



### 1. MAKE THE JALAPEÑO AIOLI

Roughly chop **jalapeño** (see notes) and 1/2 bunch chives (reserve remaining for step 5). Use a stick mixer or small blender and blend with **aioli** and **1 tbsp water** until smooth.



### 2. BOIL THE CORN

Quarter **corn cob** and place in a saucepan. Cover with water and bring to a boil. Drain and set aside (see notes).



### 3. CRUMB THE CHICKEN

Spread **lupin crumbs** on a plate. Coat **schnitzels** in **oil, salt and pepper**. Press schnitzels into crumbs.



### 4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Add schnitzels and cook for 4-5 minutes each side until cooked through.



### 5. MAKE THE SALAD

Wedge or slice **lettuce** and arrange on a plate. Thinly slice **celery** and reserved chives. Dice **avocado**. Arrange on top of lettuce. Drizzle over **olive oil** and **1/2 tbsp vinegar**.



### 6. FINISH AND SERVE

Take all of the elements to the table to serve.



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