



Product Spotlight: Red Chilli

Chillies are rich in vitamin C and boost your metabolism; this is why you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



Salt and Pepper Chicken Strips with Pear Coleslaw

Crispy salt and pepper chicken strips served with pear coleslaw, rice paper puffs, roasted peanuts and slices of fresh red chilli.



25 minutes



2 servings



Chicken

Switch it up!

Turn this dish into rice paper rolls. Use the dressing as a dipping sauce, follow the packet instructions to prepare the rice paper rounds to make rolls, fill with salad, chicken strips and peanuts.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	25g	88g

FROM YOUR BOX

PEAR	1
RED CAPSICUM	1
RED CABBAGE	1/4
RED CHILLI	1
ROASTED PEANUTS	40g
CHICKEN TENDERLOINS	300g
RICE PAPER ROUNDS	1 packet

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, apple cider vinegar, cornflour (see notes)

KEY UTENSILS

2 frypans

NOTES

Rice flour or tapioca flour are both great alternatives to cornflour.

Remove seeds from the chilli for a milder dish.

These measurements are based on salt flakes and cracked black pepper. If you are using fine salt or ground pepper, halve the quantities.

White pepper is a great alternative to cracked black pepper when cooking for fussy eaters.



1. MAKE THE DRESSING

Add **1 1/2 tbsp sesame oil**, **2 tbsp vinegar**, **salt and pepper** to a large bowl. Whisk to combine.



2. PREPARE THE SALAD

Thinly slice the **pear**, **capsicum** and **cabbage**. Add to dressing bowl. Toss well to combine.

Thinly slice **chilli** (see notes) and chop **peanuts**. Set aside.



3. COAT THE CHICKEN

Add **1/4 cup cornflour**, **1/2 tsp salt** and **1/2 tsp pepper** (see notes) to a plate to make coating. Stir gently to combine. Press **chicken tenderloins** into flour to coat.



4. COOK THE CHICKEN

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



5. CRISP RICE PAPER ROUNDS

Meanwhile, heat a second frypan over medium-high heat with **1/2 cup oil**. When **oil** is hot, carefully add **rice paper rounds** (one at a time) to pan for 10 seconds until puffed. Use tongs to remove to a plate lined with paper towel. Repeat with remaining rounds as desired.



6. FINISH AND SERVE

Divide rice paper puffs among plates along with chicken and salad. Sprinkle over peanuts and garnish with red chilli.



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