



### Product Spotlight: Quinoa Flakes

Quinoa flakes are quinoa that has been steam-rolled! Great used in muesli, pancakes or baked goods, or as a nutritious gluten-free alternative to breadcrumbs.



## 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



4/6 servings



Chicken

## 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!*

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	5g	67g

## FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
CORIANDER	1 packet	2 packets
CHICKEN TENDERLOINS	600g	600g + 300g
FAMILY CAJUN SPICE MIX	1 packet	1 packet
QUINOA FLAKES	80g	80g + 40g
RED CABBAGE	1/4	1/2
GREEN CAPSICUM	1	2
TOMATOES	2	3

## 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 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.



### 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.



### 2. MAKE THE HERB OIL

Blend **1/4 cup olive oil, 3 tbsp vinegar, 2 tsp oregano, 1 tsp maple syrup, 1 tbsp water, salt, pepper** and chopped **coriander** until smooth using a stick mixer.

**6P** – Blend **1/3 cup olive oil, 4 tbsp vinegar, 3 tsp oregano, 2 tsp maple syrup, 2 tbsp water and coriander.**



### 5. PREPARE THE SALAD

Finely slice **cabbage**. Dice **capsicum** and **tomatoes**. Add to a bowl and toss with **1/2 herb oil** (reserve remaining to serve).



### 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).



### 6. FINISH AND SERVE

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

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