



### 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** 36g **TOTAL FAT** 32g **CARBOHYDRATES** 30g

## FROM YOUR BOX

JALAPEÑO	1
CHIVES	1 bunch
AIOLI	100g
CORN COB	1
LUPIN CRUMB	40g
CHICKEN SCHNITZELS	300g
BABY COS LETTUCE	1
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.



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### 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. Set aside in the fridge until serving.



### 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 into **crumbs** to coat.



### 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

Meanwhile, 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.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

