



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 or 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	1 packet (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.



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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.



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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