

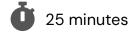




## **Herb Crumbed Chicken**

## 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.







# 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.

TOTAL FAT CARBOHYDRATES

26g

32g

## **FROM YOUR BOX**

| JALAPEÑO           | 1       |
|--------------------|---------|
| CHIVES             | 1 bunch |
| AIOLI              | 100g    |
| CORN COBS          | 2       |
| LUPIN CRUMB        | 80g     |
| CHICKEN SCHNITZELS | 600g    |
| GEM LETTUCE        | 3-pack  |
| CELERY STICKS      | 2       |
| 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 cobs** 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 chicken and cook, in batches if necessary, for 2-4 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.

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 0481 072 599 or send an email to hello@dinnertwist.com.au



