



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

 4/6 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
4/6 Person:	36g	30g/34g	32g

FROM YOUR BOX

	4 PERSON	6 PERSON
JALAPEÑO	1	1
CHIVES	1 bunch	1 bunch
AIOLI	100g	2 x 100g
CORN COBS	2	3
LUPIN CRUMB	80g	80g + 40g
CHICKEN SCHNITZELS	600g	600g + 300g
BABY COS LETTUCE	2-pack	2-pack
CELERY STICKS	2	3
AVOCADO	1	2

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 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 into **crumbs** to coat.



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 tbsp vinegar**.



6. FINISH AND SERVE

Take all of the elements to the table to serve.

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