

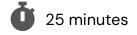




# **Herb Crumbed Chicken**

# 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        | 1 packet (80g) |
| CHICKEN SCHNITZELS | 600g           |
| GEM LETTUCE        | 3-pack         |
| CELERY STICK       | 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



