



Crumbed Chicken and Crunchy Slaw

Tender chicken schnitzels with a herb and garlic lupin crumb coating, cooked until golden, served with a crunchy celery, apple and cabbage slaw.



20 minutes



2 servings



Chicken

FROM YOUR BOX

LUPIN CRUMBS	30g
CHICKEN SCHNITZELS	300g
GREEN APPLE	1
CELERY STALK	1
COLESLAW	1 bag

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

For a more filling meal you can bake some potato or sweet potato wedges on the side or serve the chicken and slaw in burger buns.

1. CRUMB THE CHICKEN

Spread **lupin crumbs** on a plate. Coat **chicken** in **oil, salt and pepper** then press into crumbs to coat on all sides.

2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook chicken, in batches if necessary, for 3–5 minutes each side until golden and cooked through. Set aside on a lined paper towel.

TIP

You can cook the chicken in an air-fryer or in the oven instead.

3. PREPARE THE SLAW

Slice **apple** and **celery**. Toss together with **coleslaw** and dressing of choice.

TIP

For a creamy slaw you can use yoghurt or mayonnaise for the dressing. For a lighter vinaigrette whisk together lemon juice or vinegar with olive oil. You can add some sliced spring onions or chives, radishes, cucumber, fresh dill or parsley to the slaw for bulk and flavour.

4. FINISH AND SERVE

Serve chicken schnitzels with slaw at the table.

TIP

You can serve the chicken with lemon wedges or a dipping sauce of choice.

This recipe has simplified instructions to help lower your meal cost.