



## 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



4 servings



Chicken

## FROM YOUR BOX

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LUPIN CRUMB	60g
CHICKEN SCHNITZELS	600g
GREEN APPLE	1
CELERY STALKS	2
COLESLAW	1 bag

## FROM YOUR PANTRY

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oil for cooking, salt and pepper

## NOTES

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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

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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

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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

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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

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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.**