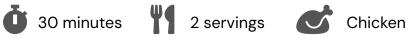






Chicken Strips

with Wedges





Grilled chicken tenderloins, golden roast potato wedges and a crisp apple salad.

FROM YOUR BOX

MEDIUM POTATOES	3
BABY COS LETTUCE	1
GREEN APPLE	1
CARROT	1
CHICKEN TENDERLOINS	300g
TERIYAKI SAUCE	1 sachet

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can transform this into a chicken burger or sub! Fill rolls with chicken, shredded lettuce, grated carrot and sliced apple. Serve with chips on the side.

Protein upsize - 300g chicken tenderloins + 1 sachet Teriyaki sauce.

1. ROAST THE WEDGES

Set oven to 220°C. Cut potatoes into wedges or chips. Toss on a lined oven tray with oil, salt and pepper. Roast for 25 minutes until golden and cooked through.

Add some dried herbs for extra flavour!

2. PREPARE THE SALAD

Rinse and tear lettuce, slice apple and julienne or ribbon carrot.

3. COOK THE CHICKEN

Heat a frypan over medium heat with oil. Coat chicken with 1/2 sachet teriyaki sauce (see tip). Cook for 4-5 minutes each side or until cooked through.



TIP Start with 1/2 sachet teriyaki sauce and add more to taste at the end.

4. FINISH AND SERVE

Serve chicken with salad and wedges.



TIP Serve with dipping sauce of choice. Dress the salad with pre-made dressing or lemon juice and olive oil if preferred.