






# Chicken Strips

with Wedges

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

 30 minutes

 2 servings

 Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	6g	58g

## 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.

**TIP** *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.*