



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



e-Recipe only

Create your way by
using your favourite
pantry items from
home.



Chicken Strips

with Wedges

Chicken tenderloins, golden roast potato wedges and salad.



30 minutes



2 servings



Chicken

FROM YOUR BOX

MEDIUM POTATOES	3
BABY COS LETTUCE	1
RED APPLE	1
CARROT	1
CHICKEN TENDERLOINS	300g

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

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-high heat. Coat chicken with **oil, salt and pepper**. Cook for 4-5 minutes each side or until cooked through.

TIP *Season the chicken with some ground spice or dried herbs. We used 1 tsp paprika and 1/2 tsp dried oregano.*

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.*