



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



4 servings



Chicken

## FROM YOUR BOX

MEDIUM POTATOES	1kg
BABY COS LETTUCE	1
RED APPLE	1
CARROT	1
CHICKEN TENDERLOINS	600g

## 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.*