

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Strips

with Wedges

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



30 minutes



4 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	5g	49g

FROM YOUR BOX

MEDIUM POTATOES	1kg
BABY COS LETTUCE	1
GREEN APPLE	1
CARROT	1
CHICKEN TENDERLOINS	600g
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 **teriyaki sauce**. 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.*