



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Natural Yoghurt


Made with probiotic bacterial cultures, yoghurt supports your digestive system. The Greek-style variety is thicker and contains more protein than other types.



## 2 Crispy Chicken with Potato Salad

Crispy cornflake coated chicken tenderloins paired with a creamy dill, egg & potato salad, served with tomato relish for dipping.

 25 minutes

 2 servings

 Chicken

1 October 2021

*Make it fun!*

*You can add some capers or sliced olives to the potato salad for a little pop of flavour. Coat the chicken with a dried herb or spice before crumbing if preferred!*

## FROM YOUR BOX

BABY POTATOES	400g
FREE-RANGE EGGS	3
NATURAL YOGHURT	1/2 tub (100g) *
GRATED PARMESAN CHEESE	1/4 cup *
SPRING ONION	1
DILL	1 packet
CORNFLAKES (GF) 🌱	1 packet (50g)
CHICKEN TENDERLOINS 🍗	300g
SUGAR SNAP PEAS	1 bag (150g)
TOMATO RELISH	1/2 jar *
🌱 WALNUTS	1 packet (60g)
🌱 FIELD MUSHROOMS	1 bag (300g)

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

## KEY UTENSILS

kettle, saucepan, large frypan

## NOTES

We used refrigerated eggs and allowed to boil for 6 minutes for a runny yolk, keep for another 1-2 minutes if you prefer your eggs more cooked.

Crush cornflakes in the bag. Add 1/2 tsp ground or smoked paprika for added flavour.

🌱 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



### 1. BOIL POTATOES & EGGS

Boil the kettle. Quarter potatoes and place in a saucepan, cover with hot water and boil for 6 minutes. Add 2 eggs and simmer for further 6-7 minutes (see notes). Drain and cool under cold running water.

🌱 **VEG OPTION** - Additional to above, set oven to 220°C.



### 4. CRUMB THE CHICKEN

Heat a large frypan with **oil/butter** over medium-high heat. Press tenderloins into crumb to coat then place straight into frypan. Cook (in batches) for 4-5 minutes on each side or until golden and cooked through.

🌱 **VEG OPTION** - Skip this step.



### 2. MAKE THE DRESSING

Meanwhile, combine yoghurt with parmesan cheese. Slice spring onion and chop dill, stir through yoghurt. Set aside in the fridge.

🌱 **VEG OPTION** - Combine as above, but omit the parmesan cheese. Chop walnuts and combine with parmesan.



### 5. FINISH THE SALAD

Trim and halve sugar snaps. Toss with potatoes and dressing. Season with **salt and pepper** to taste. Move to a serving plate.

Peel and quarter eggs. Arrange on top of salad.



### 3. PREPARE THE CRUMBS

Crush cornflakes (see notes) and season with **salt and pepper**. Whisk 1 egg in a shallow bowl. Add chicken tenderloins to egg.

🌱 **VEG OPTION** - Coat mushrooms with oil on a lined oven tray. Add walnut filling and roast for 15 minutes or until tender.



### 6. FINISH AND SERVE

Serve crispy cornflake chicken with potato salad and relish for dipping.

🌱 **VEG OPTION** - Serve stuffed mushrooms with potato salad and relish for dipping.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

