



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Panko Crumbs

Panko crumbs are Japanese-style bread crumbs made from white bread without crusts. This makes a light crumb that absorbs less oil/ butter when cooking and stays crispier for longer



## 3 Crunchy Chicken Nuggets with Golden Baby Potatoes

Panko crusted chicken tenderloins make lovely nuggets – served with golden baby potatoes, dipping sauce and a simple salad.



20 minutes



2 servings







Chicken

12 October 2020

## Barbecue weather?

*Skip the crumbing step, toss tenderloins with thyme, lemon zest, oil, salt and pepper and cook on the barbecue! For extra fun, you can thread the chicken onto skewers first!*

## FROM YOUR BOX

BABY POTATOES	400g
LEMON	1
THYME	1/2 packet*
PANKO CRUMBS 	1 packet (50g)
CHICKEN TENDERLOINS 	300g
BABY COS LETTUCE	1
TOMATO	1
DIP	100g
 CORN COB	1
 LITTLE BITES MIX	1 packet

\*Ingredient also used in another recipe

## FROM YOUR PANTRY


oil/butter for cooking, salt, pepper, 1 egg

## KEY UTENSILS

large frypan, saucepan

## NOTES

No gluten option – panko crumbs are replaced with 50g almond meal. Use as per recipe.

 VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.




### 1. BOIL THE POTATOES

Place potatoes in a saucepan, cover with water. Boil for 12 minutes, or until just tender. Drain, see step 5.



### 2. PREPARE THE CRUMB


Grate 1 tsp lemon zest and pick leaves from 1/4 packet of thyme. Mix with panko crumbs and season with **salt and pepper**. Whisk 1 **egg** in a shallow bowl and add chicken.

 VEG OPTION – Remove corn kernels from cob. Combine with Little Bites packet ingredients and 1/3 cup water. Use your hand to shape dough into balls (if the dough feels too soft, you can add 2–3 tsp water).



### 3. COOK THE NUGGETS

Heat a large frypan with **oil/butter** over medium-high heat. Press chicken into crumbs to coat then place straight into frypan. Cook for 3 minute on each side or until golden and cooked through. Cook in batches if needed.

 VEG OPTION – Cook corn balls in a frypan over medium heat for 2–3 minutes per side, pressing down as you're cooking to form a fritter.



### 4. TOSS THE SALAD

Trim and roughly chop lettuce, dice tomato. Toss in a serving bowl.



### 5. FINISH THE POTATOES

Return potatoes to saucepan along with **1 tbsp olive oil/butter**, thyme leaves from 1/4 packet, **salt and pepper**. Cook over medium-high heat, tossing until golden.



### 5. FINISH AND SERVE

Serve chicken nuggets with golden potatoes, salad and dip.

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