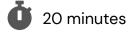




# **Crunchy Cornflake Chicken**

with Black rice

Crunchy cornflake coated chicken schnitzels paired with fragrant black rice, crunchy fresh salad vegetables and a mango dipping sauce.







# Grill the chicken!

Skip the crumbs and rub the chicken with oil, smoked paprika and thyme. Cook on barbecue or in a grill pan for a lovely smokey bbq flavour. Pairs well with the black rice, alternatively roasted sweet potatoes, and the mango dipping sauce.

## FROM YOUR BOX

BLACK RICE	1 tub (300g)
CORNFLAKES (GF)	1 bag (100g)
CHICKEN SCHNITZELS	600g
SHREDDED CABBAGE	1 bag (200g)
AVOCADO	1
BABY CUCUMBERS	1 punnet
MANGO & COCONUT CHUTNEY	150g

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, white or red wine vinegar, egg (1)

## **KEY UTENSILS**

saucepan, large frypan

#### **NOTES**

Crush cornflake between 1 folded sheet of baking paper. Add 1 tsp ground or smoked paprika for added flavour.

Combine the sauce with 2 tbsp mayonnaise for a creamy finish.

Veg option - Chicken schnitzels are replaced with 2 packets of halloumi. Halve or slice halloumi into fingers, continue as per recipe.



#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



#### 2. PREPARE THE CRUMBS

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



#### 3. CRUMB & COOK CHICKEN

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



# 4. PREPARE THE SALAD

Toss shredded cabbage with 1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.

Ouarter avocado and slice cucumbers.



# **5. FINISH AND SERVE**

Slice or halve schnitzels if desired.

Serve chicken with rice, fresh salad ingredients and sauce (see notes).





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