



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 Crumbed Sweet Chilli Chicken

Sliced chicken breast coated in panko crumbs and pan-fried, served with rice, oriental slaw and sweet chilli mayo for dipping.





 20 minutes

 4 servings

 Chicken

21 May 2021

FROM YOUR BOX

BASMATI RICE	300g
ORIENTAL SLAW	1 bag (250g)
PANKO & SESAME SEED MIX	1 packet (100g)
SLICED CHICKEN BREAST 	600g
AIOLI 	100g
CHIVES	1/3 bunch *
 DAHL KIT	1 packet
 COCONUT MILK	400ml

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, sesame oil (or other), red or white wine vinegar, sweet chilli sauce


KEY UTENSILS

saucepan, large frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

No gluten option – panko crumbs are replaced with sesame seeds. Use as a crumb (as per recipe).

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



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.




2. DRESS THE SLAW

Whisk together **1 tbsp sesame oil** and **2 tbsp vinegar**. Toss through oriental slaw and set aside.



3. PREPARE THE CHICKEN


Arrange panko crumb mix on a plate or piece of baking paper, season with **salt and pepper**. Toss chicken with **1 tbsp sweet chilli sauce**.

 **VEG OPTION – Heat a saucepan with oil over medium heat. Add dahl kit and cook for 1 minute.**



4. COOK THE CHICKEN

Heat a large pan with **2–3 tbsp oil** over medium-high heat. Press chicken into crumbs, add straight to pan and cook for 5 minutes each side or until cooked through.

 **VEG OPTION – Pour in coconut milk and 1 1/2 cups water. Simmer for 12–15 minutes or until tender.**



5. COMBINE THE MAYO


Mix aioli with **2 tbsp sweet chilli sauce** and **1–2 tbsp water** (for desired consistency). Chop chives and stir through half into the mayo.

 **VEG OPTION – Skip this step.**



6. FINISH AND SERVE

Serve crumbed chicken with rice, slaw and sweet chilli mayo for dipping. Garnish with remaining chives.

 **VEG OPTION – Serve dahl over rice topped with slaw and chopped chives.**

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