A2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



honey MUSTARD CHICKEN Bites

Crunchy chicken bites with sweet potato wedges and honey mustard dip. Hands-on, fun and perfect for the whole family!

35 MINUTES | 2 SERVINGS | CHICKEN

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	30g	39g

FROM YOUR BOX

SWEET POTATOES	400g
GREEN APPLE	1
COLESLAW	250g
AIOLI	2 sachets
DIJON MUSTARD	1 small jar
HONEY SHOT	1
DICED CHICKEN BREAST	300g
PANKO CRUMBS	40g

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, smoked paprika

COOKING TOOLS

large frypan, oven tray

You can cook the chicken bites in an Air Fryer if you have one!

Before you start cooking!
Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option - panko crumbs are replaced with GF breadcrumbs.



1. ROAST the SWEET POTATO

Set oven to 220°C.

Cut **sweet potato** into wedges and toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 20-25 minutes or until golden and tender.

tip *You can cut the sweet potato into rounds or fries if you prefer!*



2. PREPARE the COLESLAW

Thinly slice **apple** and toss with **coleslaw** and **1 sachet aioli**. Set aside in the fridge until serving.



3. MAKE the DIP SAUCE

Stir to combine remaining **1 sachet aioli** with **dijon mustard** and **honey**. Set aside in the fridge for serving.

tip *You can leave the dip sauce plain if you prefer, or mix it with sweet chilli sauce instead!*



4. CRUMB the CHICKEN

Toss **diced chicken** with **2 tsp oil**, **salt** and **1 tsp smoked paprika**. Arrange **panko** on a plate or in a shallow bowl.



5. COOK the CHICKEN

Heat a large frypan with **oil/butter** over medium heat. Crumb **chicken** and place straight into pan. Cook for 6-8 minutes or until golden and cooked through.

tip *Ensure you have enough oil/butter in the pan to coat the whole base.*



6. FINISH AND SERVE

Serve **chicken** and **sweet potato wedges** with **coleslaw** and **honey mustard dip sauce.**