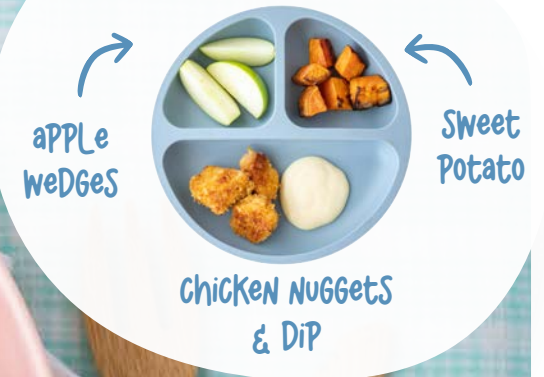


for the  
little ones

# honey MustARD chicken Bites

Crunchy chicken bites with sweet potato wedges and honey mustard dip sauce served alongside a creamy coleslaw. Tasty, fun and perfect for the whole family!



35 Minutes



2 Servings



Chicken

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## 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!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

**No gluten option** - panko crumbs are replaced with lupin crumbs. No need to add smoked paprika as these are flavoured already!



### 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!



### 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.



### 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!



### 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**.