A

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 4/6 SERVINGS CHICKEN

Per serve 4/6 Person::	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g/44g	29g/33g	39g/41g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2 kg
GREEN APPLE	1	2
COLESLAW	250g	500g
AIOLI	2 sachets	4 sachets
DIJON MUSTARD	1 jar	2 jars
HONEY SHOT	1	2
DICED CHICKEN	600g	600g + 300g
PANKO CRUMBS	80g	80g + 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.

6P - use 2 sachets aioli for the coleslaw.



3. Make the Dip Sauce

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

6P - use 2 sachets aioli, 2 jars mustard and 2 honey shots.

tip *You can leave the aioli dip plain!*



4. Crumb the Chicken

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

6P - use 2 tbsp oil, salt and 2-3 tsp smoked paprika.



5. Cook the Chicken

Heat a large frypan with **oil/butter** over medium heat. Crumb **chicken** and place straight into pan (in 2 batches). 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.**