



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

 4 Servings

 Chicken

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FROM YOUR BOX

SWEET POTATOES	800g
GREEN APPLE	1
COLESLAW	250g
AIOLI	2 sachets
DIJON MUSTARD	1 small jar
HONEY SHOT	1
DICED CHICKEN BREAST	600g
PANKO CRUMBS	80g

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 (2x40g). 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 **1 tbsp oil, salt and 1-2 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 (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.