



FOR the
Little ones



CRUNCHY
VEGGIES

SLICED CRISPY CHICKEN,
WEDGES & TOMATO SAUCE



Sesame Chicken

Crispy chicken schnitzels crumbed with panko & sesame seeds, served with baby wedges and a mild curry mayo for dipping.

 35 Minutes

 4 Servings

 Chicken

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FROM YOUR BOX

BABY POTATOES	800g
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
CHERRY TOMATO MEDLEY	200g
SESAME SEED + PANKO MIX	70g
CHICKEN SCHNITZELS	600g
CURRY MAYO	1 sachet

FROM YOUR PANTRY

oil/butter for cooking, salt

COOKING TOOLS

oven tray, large frypan

Serve the chicken over mash or in a wrap with salad and sauce if you prefer!

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 and sesame mix is replaced with sesame seeds. Follow recipe instructions.



1. ROAST THE POTATOES

Set oven to 220°C.

Cut **potatoes** into wedges and toss on a lined oven tray with **oil** and **salt**. Roast on top rack of the oven for 25 minutes or until golden and cooked through.

tip Add some fresh or dried herbs if you if you like!



4. COOK THE CHICKEN

Heat a frypan with **3 tbsp oil/butter** over medium heat. Add crumbed chicken and cook (in batches) for 5-6 minutes on each side or until cooked through.



2. PREPARE THE SALAD

Trim and chop **baby cos lettuce**, dice **cucumber** and halve **cherry tomatoes**. Toss together in a bowl, or serve separately.

tip Dress the salad with some olive oil and vinegar if you like!



5. FINISH AND SERVE

Slice chicken.

Serve with wedges, salad and **curry mayo** for dipping.



3. CRUMB THE CHICKEN

Transfer **panko and sesame mix** to a bowl or plate and season with **salt**. Press **schnitzels** into crumb to coat.

tip Cut chicken into nuggets before crumbing if you think that works better for your family.