




### Product Spotlight: Quinoa Flakes


Quinoa flakes are made from pressed quinoa. You get all the healthy benefits of quinoa with a quicker cooking time!




## Chicken Nuggets And Chips

Chicken nuggets pan-cooked until golden and served with creamy coleslaw with apple and oven-roasted potato chips.

 30 minutes

 2 servings

 Chicken

30 June 2023

## Make burgers!

*You can make chicken burgers instead of nuggets if preferred! Shape the mince mixture into patties and serve with burger buns with coleslaw.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 10g **CARBOHYDRATES** 84g

## FROM YOUR BOX

MEDIUM POTATOES	3
GREEN APPLE	1
COLESLAW	1 bag
COLESLAW DRESSING	1 sachet
CHICKEN MINCE	300g
QUINOA FLAKES	1 packet (30g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried Italian herbs

## KEY UTENSILS

frypan, oven tray

## NOTES

You can serve the nuggets with a dipping sauce of choice, such as sweet chilli sauce, mayonnaise or tomato sauce!



### 1. ROAST THE CHIPS

Set oven to 220°C.

Cut potatoes into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.



### 2. MAKE THE COLESLAW

Slice apple. Toss with coleslaw and dressing. Set aside.



### 3. PREPARE THE NUGGETS

Combine chicken mince with 1 tbsp quinoa flakes, **1 tsp smoked paprika, salt and pepper**.



### 4. CRUMB THE NUGGETS

Spread remaining quinoa flakes on a plate. Toss with **1 tsp Italian herbs**.

Scoop 1 tbsp of chicken mixture, roll into quinoa flakes to coat. Lightly press with fingers to form a nugget shape. Repeat with remaining mixture.



### 5. COOK THE NUGGETS

Heat a frypan over medium-high heat. Cover base with **oil**. Cook nuggets (in batches if needed) for 4–5 minutes each side until golden and cooked through.



### 6. FINISH AND SERVE

Serve nuggets with coleslaw and chips (see notes).



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