




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

 4 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** 43g **TOTAL FAT** 10g **CARBOHYDRATES** 76g

FROM YOUR BOX

MEDIUM POTATOES	800g
GREEN APPLE	1
COLESLAW	1 bag
COLESLAW DRESSING	2 sachets
CHICKEN MINCE	600g
QUINOA FLAKES	1 packet (60g)

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 2 tbsp quinoa flakes, **2 tsp smoked paprika, salt and pepper**.



4. CRUMB THE NUGGETS

Spread remaining quinoa flakes on a plate. Toss with **2 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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