



### Product Spotlight: Cornflakes

The cornflakes in your box are naturally gluten-free. Crush the flakes in the packet, or you can use a small food processor!



## Crumbed Chicken Fingers with Wedges and Relish

Cornflake crumbed chicken cooked until golden, served with herby roast potato wedges, fresh salad and relish for dipping.



35 minutes



4 servings



Chicken

## Switch it up!

*Season the chicken with a different spice or herb of choice! Dried oregano, lemon pepper, cayenne pepper or ground cumin work well! Stir some mayonnaise through the relish for a creamier dipping sauce.*

Per serve: **PROTEIN** 38g **TOTAL FAT** 7g **CARBOHYDRATES** 75g

## FROM YOUR BOX

MEDIUM POTATOES	1kg
TOMATO	1
MIXED SALAD	1 bag
CHICKEN TENDERLOINS	600g
CORNFLAKES	80g
RELISH	1 jar

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, dried thyme, smoked paprika

## KEY UTENSILS

large frypan, oven tray

## NOTES

The oven is set at 250°C for an extra golden finish on the potatoes. If your oven doesn't reach that high, set it at 220°C and leave the wedges in for longer until they crisp.

You can use a small food processor to form a finer crumb if preferred.



### 1. ROAST THE WEDGES

Set oven to 250°C (see notes).

Cut **potatoes** into wedges. Toss on a lined oven tray with **1 tsp thyme, oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.



### 4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook chicken (in batches) for 4–5 minutes each side or until cooked through.



### 2. PREPARE THE SALAD

Wedge **tomato**. Toss together with **mixed salad** in a large salad bowl with **1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper**. Set aside.



### 3. PREPARE THE CHICKEN

Cut the **chicken** into lengths to form strips (optional). Coat with **1 tsp smoked paprika, oil, salt and pepper**. Gently crush **cornflakes** in the bag to form a crumb (see notes). Press chicken into crumb until coated on all sides.



### 5. FINISH AND SERVE

Serve chicken fingers with wedges, chopped salad and **relish** for dipping.



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