



# CRUMBED CHICKEN FINGERS

Crunchy cornflake chicken fingers and chips served with sour cream dipping sauce.

 30 Minutes

 2 Servings

 Chicken

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## FROM YOUR BOX

MEDIUM POTATOES	3
CORNFLAKES	1 packet (50g)
CHICKEN TENDERLOINS	300g
BABY COS LETTUCE	1
CHERRY TOMATOES	1 packet (200g)
LEBANESE CUCUMBER	1
SOUR CREAM	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper, butter (optional), sweet chilli sauce

## COOKING TOOLS

oven tray, large frypan

### Air-fryer tip!

You can cook the chicken and/or potatoes in your air-fryer on 200°C. The chicken takes about 8-10 minutes while the potatoes take a little longer - 15 minutes or so, turning halfway.

### Before you start!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans chopping board and knife, before you start cooking!



### 1. Roast the Potatoes

Set oven to 220C° and line an oven tray with baking paper. Cut potatoes into chips or wedges. Toss with **oil** and **salt**. Cook in the oven for 25 minutes or until golden and tender.

**tip** Add 1 tsp dried herbs to the chips such as rosemary or oregano!



### 4. Cook the chicken

Heat a large frypan with **2 tbsp oil** or **butter** over medium heat. Add crumbed chicken and cook for 3-4 minutes on each side or until golden and cooked through.



### 2. Prepare the CRUMB

Crush cornflakes and spread over a plate or piece of baking paper. Season with **salt and pepper**.

**tip** Carefully crush cornflakes in the bag using a rolling pin or just your hands.



### 5. Prepare the SALAD

Trim and rinse lettuce, cut into quarters. Halve cherry tomatoes and slice cucumber. Arrange on a plate.

**tip** Chop lettuce and toss everything into a salad instead if you like! Drizzle with your favourite dressing.



### 3. CRUMB the chicken

Press chicken tenderloins into cornflake crumbs to coat.



### 6. finish AND SERVE

Spoon sour cream into small bowls and add **sweet chilli sauce** to taste. Serve chicken fingers with chips and salad.

**tip** You can use tomato sauce, relish, pesto or mango chutney instead of sweet chilli sauce if you prefer.