

DINNERLY



Coconut-Crumbed Chicken with Two-Veg Chips and Sweet Chilli Sauce



35 minutes



2 Servings

Craving a dinner that's delightfully delish and easy to get on the table? We're on a mission to make cooking more fun, extra yum and even simpler – this recipe, packed with quality fresh ingredients, is all that and more. Get cooking!

WHAT WE SEND

- 2 potatoes
- 1 carrot
- chicken tenderloins
- 2 x 20g shredded coconut³
- 50g mixed salad leaves
- 50g sweet chilli sauce

WHAT YOU NEED

- 2 tbs olive oil
- 1 egg¹
- 1 tbs plain flour^{2,4}
- 1 tsp white or red wine vinegar³

TOOLS

- large oven tray
- baking paper
- medium frypan

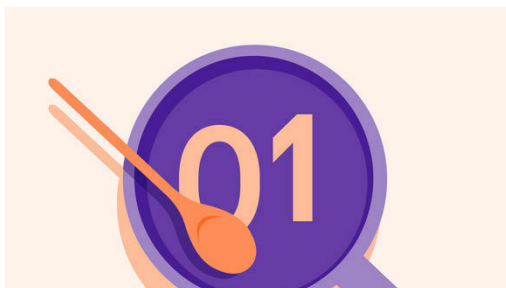
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Gluten (2), Sulphites (3), Wheat (4). May contain traces of other allergens.

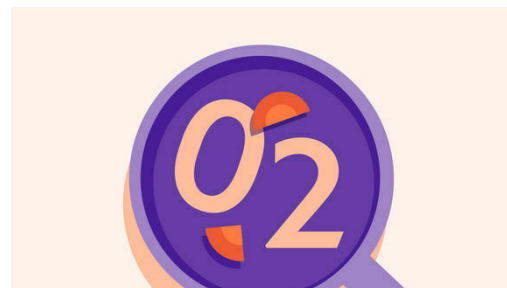
NUTRITION PER SERVING

Energy 780kcal, Fat 33.8g, Carbs 64.7g, Protein 45.7g



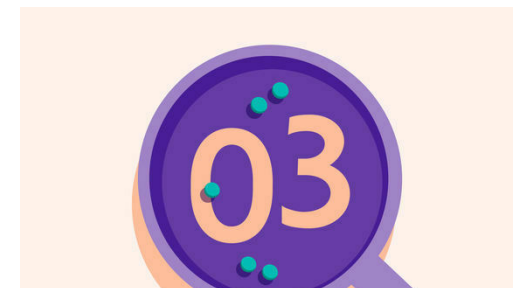
1. Bake chips

Preheat the oven to 220C, fan-forced. Line a large oven tray with baking paper. Peel the **potatoes** and **carrot**, then cut into 1cm-thick chips. Put the chips on the lined tray, drizzle with **2 tsp olive oil** and season with **salt and pepper**. Bake for 25 mins or until golden and tender.



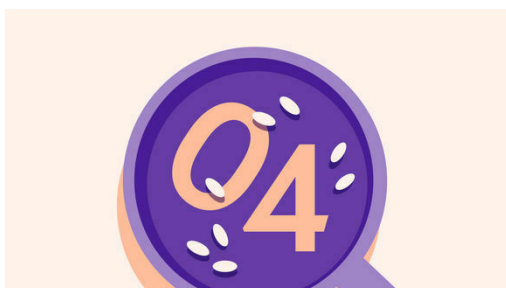
2. Coat chicken

Meanwhile, season the **chicken** with **salt and pepper**. Whisk **1 egg** in a shallow bowl. Put the **coconut** and **1 tbs plain flour** in separate shallow bowls. Dust the chicken with the flour, shake off the excess, then dip in the egg and coat in the coconut.



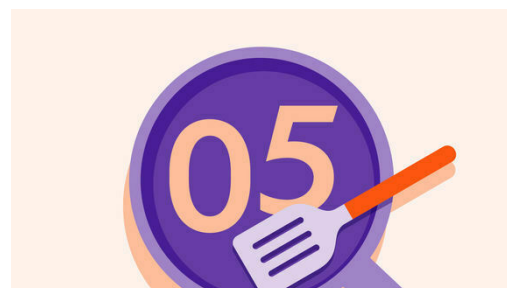
3. Pan-fry chicken

Heat **1 tbs olive oil** in a medium frypan over medium heat (see Kitchen 101). Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan.



4. Dress salad leaves

Combine **2 tsp olive oil** and **1 tsp white wine vinegar** in a large bowl and season with **salt and pepper**. Add the **salad leaves** and toss to coat.



5. Serve up

Divide the **chicken, chips** and **salad** among plates. Serve with the **sweet chilli sauce** and enjoy!



6. Kitchen 101

Keep a close eye on the chicken so the coconut coating doesn't burn before the chicken is cooked through. If it does start to burn, reduce the heat to medium-low.