

# DINNERLY



## Baked Chicken Tenders with Autumn Slaw



20-30 minutes



2 Servings

It doesn't get easier than this. Marinate chicken tenderloins in fragrant dukkah, bake in the oven with crusty sourdough, then serve up with a sweet and crunchy autumn apple slaw.

## WHAT WE SEND

- free-range chicken tenderloins
- 10g dukkah spice blend <sup>1,11,15</sup>
- 150g red cabbage
- 1 granny smith apple
- 1 carrot
- 1 sourdough baby baguette <sup>1,6</sup>

## WHAT YOU NEED

- Dijon mustard <sup>17</sup>
- garlic clove
- olive oil
- white wine vinegar <sup>17</sup>

## TOOLS

- baking paper
- oven tray

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

## ALLERGENS

Gluten (1), Soy (6), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 660kcal, Fat 35.0g, Carbs 35.9g, Proteins 41.5g



### 1. Marinate chicken

Preheat the oven to 220C. Put **half the dukkah** (the remaining dukkah won't be used in this dish), **2 tsp mayonnaise**, **1 tsp Dijon mustard** and **1 tbs olive oil** in a large bowl and stir to combine. Add the **chicken**, season with **salt and pepper** and stir to coat.



### 2. Prep ingredients

Finely shred the **cabbage**. Thinly slice **half the apple**, discarding the core (the remaining apple won't be used in this dish). Peel the **carrot**, then peel into ribbons with a vegetable peeler. Cut the **bread** into 3cm chunks. Crush or finely chop **½ garlic clove**.



### 3. Bake chicken and bread

Line 2 oven trays with baking paper. Put the **marinated chicken** on one tray. Put the **bread** on the other tray, drizzle with **1 tbs olive oil** and season with **salt and pepper**. Bake the chicken for 10 mins. Add the bread to a higher shelf in the oven and bake for a further 5 mins or until the bread is golden and crisp, and the chicken is cooked through.



### 4. Make dressing

Meanwhile, put the **garlic**, **½ tbs mayonnaise**, **1 tsp white wine vinegar** and **2 tsp water** in a small bowl. Season with **salt and pepper** and stir to combine.



### 5. Serve up

Put the **cabbage**, **apple**, **carrot**, **croutons** and **half the dressing** in a large bowl, season with **salt and pepper** and toss to combine. Divide the **slaw** and **chicken tenders** among plates, drizzle with **remaining dressing** and enjoy.



### 6. Make it yours

Add restaurant style with a poached egg and shaved parmesan to crown the slaw.