

DINNERLY



Baked Chicken Tenders with Autumn Slaw



20-30 minutes



4 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

- 2 carrots
- 1 granny smith apple
- 10g dukkah spice blend ^{1,11,15}
- free-range chicken tenderloins
- 250g red cabbage
- 2 sourdough baby baguettes ^{1,6}

WHAT YOU NEED

- Dijon mustard ¹⁷
- garlic clove
- olive oil
- white wine vinegar ¹⁷

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.

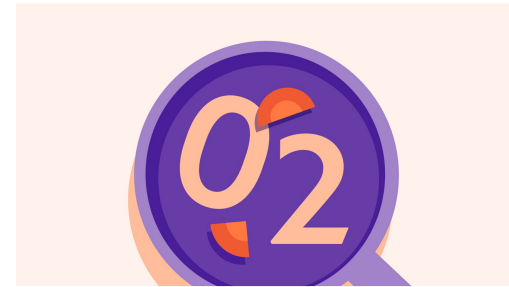
NUTRITION PER SERVING

Energy 655kcal, Fat 35.0g, Carbs 35.6g, Proteins 41.3g



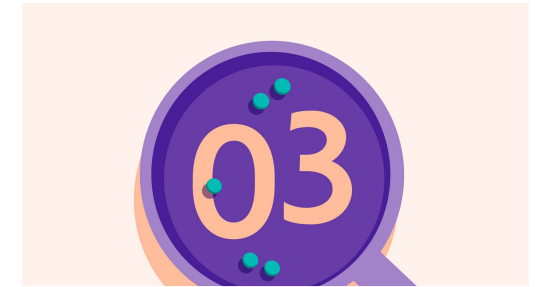
1. Marinate chicken

Preheat the oven to 220C. Put the **dukkah**, **1 tbs mayonnaise**, **2 tsp Dijon mustard** and **2 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 the **apple**, discarding the core. Peel the **carrots**, then peel into ribbons with a vegetable peeler. Cut the **bread** into 3cm chunks. Crush or finely chop **1 garlic clove**.



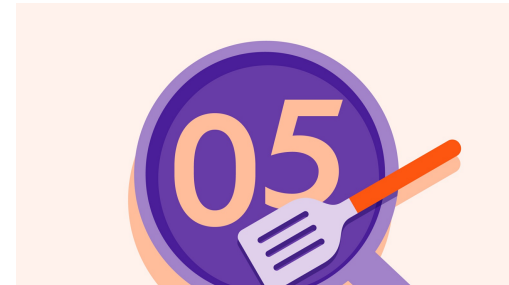
3. Bake chicken

Line 2 oven trays with baking paper. Put the **marinated chicken** on one tray. Put the **bread** on the other tray, drizzle with **2 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**, **60ml (¼ cup) mayonnaise**, **2 tsp white wine vinegar** and **1 tbs 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.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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from at least **95%**
Australian ingredients