



Spiced hazelnut & sweet chilli crumbed chicken

Pickled fennel & cherry tomato salad

 20 minutes

 Skill
Medium

 About
725

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INGREDIENTS



Ingredients

1	2	4	 Serves
1/4	1/2	1	Cherry tomato punnet
1/2	1	2	Spiced hazelnut crumb mix
1/2	1	2	Pickled fennel
5	10	20	Marinated chicken tenderloin
1/2	1	2	Lemon
1/2	1	2	Mixed leaf

Method

 No pre-heat required.

UTENSILS: Medium mixing bowl, large frypan



COAT THE CHICKEN

Place the crumb mix in a large mixing bowl. Coat the chicken tenderloins by gently rolling in the crumb mix. Set the crumbed chicken aside.



COOK THE CHICKEN

Place a large frypan with 1 tbs of oil over a medium heat. Place the chicken into the pan and cook until golden brown or for approx. 4 minutes each side. Repeat with the remaining chicken. Whilst the chicken cooks, mix the lettuce, cherry tomatoes and fennel in a mixing bowl with a squeeze of lemon juice. Gently toss to combine the salad.



PLATE THE DISH

To plate the dish, serve the chicken alongside the mixed salad. Garnish with a lemon cheek.

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Wine Matching

Pair with a Margaret River Semillon Sauvignon Blanc.