

## CHICKEN TENDERLOINS AND SEASONED VEGETABLES



Serves 1



Prep Time 5 minutes



Cook Time 10 minutes



### INGREDIENTS

- 1 Tbsp cornflour
- 1 tsp Gregg's Lemon Pepper Seasoning
- 125g chicken tenderloins
- 200g bag Wattie's SteamFresh Seasoned Sides Carrot, Cauliflower and Sweetcorn with Ginger and Lemon Pepper Seasoning
- Baby gourmet potatoes, to serve

### METHOD

1. Mix together cornflour and **Gregg's Lemon Pepper Seasoning**. Toss the chicken tenderloins in the cornflour mix.
2. Heat 1 Tbsp oil in a small frying pan. Stir-fry the chicken tenderloins over a medium high heat until golden and cooked. Serve with **Wattie's Seasoned**

- Freshly chopped parsley to garnish

**Vegetables** and boiled baby gourmet potatoes. Garnish with freshly chopped parsley.