



10 EASY DINNER DONE RECIPES

*the family
will love*



03 | **SEASONED CHICKEN TRAY
BAKE WITH CORN SLAW**



08 | **NUGGET
SLIDERS**



04 | **FRENCH-STYLE ROASTED
BUTTERFLIED CHICKEN**



09 | **TEMPURA NUGGETS
BOWL**



05 | **BUFFALO WING DINGS
WITH CAJUN RICE**



10 | **SWEET CHILLI TENDERS
CHICKEN TACOS**



06 | **ASIAN CABBAGE SALAD
WITH CHICKEN TENDERS**



11 | **TENDERS
CAESAR SALAD**



07 | **NUGGET TACOS WITH
CORN & AVOCADO SALSA**



12 | **SWEET CHILLI TENDERS
RICE BOWL**





SEASONED CHICKEN TRAY BAKE WITH CORN SLAW

Save time and ingredients with our Seasoned Coating Mix to create this delicious, full-of-flavour one-pot wonder – accompanied by a fresh and tasty slaw!

4 SERVES | 50 MINS

WHAT YOU NEED INGREDIENTS

- 1.9kg Ingham's whole chicken
- 250ml (1 cup) milk
- 1 egg
- 75g sachet Ingham's Chicken Seasoned Coating Mix
- 800g washed potatoes, cut into 2cm-thick wedges
- Salt and pepper, to taste
- Lime cheeks, to serve
- Fresh coriander leaves, to garnish

Corn Slaw

- 2 corn cobs, husks removed
- 2 tablespoons olive oil
- 3 cups finely shredded green cabbage
- 2 cups finely shredded red cabbage
- 1 large carrot, peeled, finely shredded
- 2 green spring onions, thinly sliced
- 1/4 cup finely chopped fresh coriander

Dressing

- 1/2 cup whole egg mayonnaise
- 2 tablespoons sour cream
- 1 teaspoon Dijon mustard
- 1 tablespoon lime juice

HOW TO COOK IN A FEW SIMPLE STEPS

1. Preheat oven to 200C (fan-forced). Grease and line a large oven tray with baking paper.
2. Cut whole chicken into eight pieces.
3. Whisk milk and egg in a large bowl to combine. Add chicken pieces and toss to coat. Drain on a wire rack. In three batches, combine chicken and seasoned coating mix in a snap-lock bag and shake to coat evenly.
4. Arrange potatoes on prepared tray. Drizzle with oil and season with salt and pepper. Top with chicken pieces, reserving breast fillets. Generously spray with olive oil. Roast for 20 minutes. Add breast fillets to tray and roast for a further 25 to 30 minutes, or until chicken is cooked through and potatoes are tender.
5. Meanwhile, to make slaw, brush corn with oil and season with salt and pepper. Heat a barbecue grill plate over high heat. Cook corn, turning occasionally, for about 8 to 10 minutes, until charred. Remove and cool slightly. Cut kernels from cobs.
6. To make dressing, place all ingredients in a large bowl. Season with salt and pepper and whisk to combine. Add corn, cabbage, carrot, onion and coriander. Toss to combine.
7. Serve chicken and potatoes with slaw and lime cheeks. Garnish with coriander leaves.



PRINT



FRENCH-STYLE ROASTED BUTTERFLIED CHICKEN

This delicious butterflied chicken with roast veggies and a side of green beans, is easy to make and will be sure to satisfy everyone at the dinner table.

4 SERVES | 50 MINS

WHAT YOU NEED INGREDIENTS

- 1.9kg Ingham's whole chicken
- 750g chat potatoes, thickly sliced
- 4 eschalots, peeled
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 3 parsnips, peeled, halved lengthways
- 1 bunch Dutch carrots, trimmed, peeled
- 50g butter, chopped
- 250g green beans, trimmed
- ¼ cup slivered almonds, toasted
- Lemon wedges, to serve

Marinade

- 2 tablespoons olive oil
- 30g butter, melted
- 1 tablespoon finely chopped fresh tarragon
- 3 cloves garlic, crushed
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon lime juice

HOW TO COOK IN A FEW SIMPLE STEPS

1. Preheat oven to 200C (fan-forced). Lightly grease a large roasting pan. Grease and line an oven tray.
2. Butterfly the whole chicken, by removing the backbone and flattening.
3. Arrange potatoes and eschalots in a single layer in prepared roasting pan. Drizzle with half the oil and season with salt and pepper. Top with chicken.
4. Place parsnips and carrots on prepared tray. Drizzle with remaining oil and season with salt and pepper.
5. To make marinade, combine all ingredients in a bowl. Season with salt and pepper and mix well. Brush half over the chicken.
6. Roast chicken on upper shelf of oven for 30 minutes. Brush with remaining marinade. Roast for a further 20 minutes, or until chicken is cooked through.
7. Meanwhile, roast vegetables on lower shelf of oven for 40 minutes, or until tender.
8. Just before serving, melt butter in a medium frying pan over medium-high heat until frothy. Cook the beans, tossing occasionally, for 2 to 3 minutes, until tender. Stir in almonds. Remove from heat.
9. Serve chicken and vegetables with buttered beans and lemon wedges.



PRINT



Dinner
DONE
WITH MANU

BUFFALO CHICKEN WING DINGS WITH CAJUN RICE

Why order food online when you can whip up a delicious and healthy meal with our Buffalo Chicken Wing Dings in no time!

4 SERVES | 30 MINS

WHAT YOU NEED INGREDIENTS

- 1 kg packet frozen Ingham's Chicken Wing Dings Buffalo
- Aioli and lime wedges, to serve
- Fresh coriander sprigs, to garnish

Cajun Rice

- 2 corn cobs, husks removed
- 2 tablespoons olive oil
- 1 large leek, halved, washed, thinly sliced
- 1 red capsicum, diced
- 30g butter
- 2 cloves garlic, crushed
- 1 tablespoon Cajun spice blend
- 2 teaspoons smoked paprika
- 300g (1 1/2 cups) basmati rice
- 3 cups (750ml) chicken stock
- 3 green spring onions, thinly sliced

HOW TO COOK IN A FEW SIMPLE STEPS

1. Preheat oven to 200C (fan-forced).
2. Cook Ingham's Chicken Wing Dings according to oven directions on packet.
3. To make Cajun rice, cut kernels from corn cobs.
4. Heat oil in a large, deep-frying pan over medium heat. Add leek, capsicum, corn and butter. Cook, stirring occasionally, for about 5 to 6 minutes, until softened. Add garlic, Cajun spice blend and paprika and cook, stirring for a further 1-2 minutes, or until fragrant. Add rice and cook, stirring for 1 minute. Season with salt and pepper.
5. Add stock to pan and bring to boil. Reduce heat to medium-low and cover with lid. Cook for about 12 to 14 minutes, until liquid is absorbed and rice is tender. Remove pan from heat. Stand covered for 5 minutes. Stir in spring onion.
6. Serve chicken with rice, aioli and lime wedges. Scatter with coriander sprigs.



PRINT



Dinner
DONE
WITH MANU

ASIAN CABBAGE SALAD WITH CHICKEN TENDERS AND DIPPING SAUCES

Whether it's a mid-week family meal, or the whole neighbourhood is coming over for dinner, our crispy chicken tenders, selection of dipping sauces and this delicious fresh salad, will be sure to please everyone.

4 SERVES | 20 MINS

WHAT YOU NEED INGREDIENTS

- 1kg bag frozen Ingham's Crumbed Chicken Tenders Original
- ½ wombok cabbage (approx. 1kg), core removed, coarsely chopped
- 2 Lebanese cucumbers, halved lengthways, thinly sliced diagonally
- 2 green spring onions, thinly sliced diagonally
- 5 bulbs radish, trimmed thinly sliced
- 1 large avocado, sliced
- Pickled ginger (optional), to serve

Dressing

- ¼ cup salt-reduced soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon lime juice
- 3 teaspoons sesame oil
- 2 teaspoons white sugar
- 1 tablespoon black and toasted white sesame seeds

HOW TO COOK IN A FEW SIMPLE STEPS

1. Preheat oven to 200C (fan-forced).
2. Cook Crumbed Chicken Tenders according to oven directions on packet.
3. To make dressing, combine all ingredients in a jar and shake to combine.
4. Layer cabbage, cucumber, onion and radish in a large bowl and toss to combine. Transfer to a serving bowl. Top with avocado and ginger. Drizzle with dressing.
5. Serve chicken tenders with dipping sauces, or slice and layer on top of the salad.



PRINT



Dinner **DONE** WITH MANU

AIRMAZING CHICKEN NUGGET TACOS WITH CORN & AVOCADO SALSA

Chicken Nuggets are not just for kids! Serve the whole family these delicious Tacos and get Dinner Done. And with everyone building their own, even the fussy eaters will be happy.

4 SERVES | 25 MINS

WHAT YOU NEED INGREDIENTS

- Ingham's AirMAZING Chicken Breast Nuggets
- 1/2 cup whole egg mayonnaise
- 2 teaspoons chipotle sauce
- 1 tablespoon lime juice
- 10 mini soft flour tortillas
- Little gem lettuce leaves and lime wedges, to serve

Corn & Avocado Salsa

- 2 tablespoons olive oil
- 1 teaspoon Mexican spice blend
- 2 corn cobs, husks removed
- Salt and pepper, to taste
- 1 large avocado, coarsely chopped
- 320g punnet Mix-A-Mato tomatoes
- 1/2 small red onion, diced
- 1/4 cup chopped fresh coriander
- 1 tablespoon lime juice

HOW TO COOK IN A FEW SIMPLE STEPS

1. Cook Ingham's AirMAZING Chicken Nuggets as per the instructions on the box.
2. Meanwhile, to make salsa, heat a barbecue grill plate over high heat. Combine Mexican spice blend and half the oil in a bowl. Season with salt and pepper, then brush over corn. Cook corn on heated grill plate, turning occasionally, for about 8 to 10 minutes, until charred. Remove and cool slightly. Cut kernels from cob.
3. Combine corn with avocado, tomatoes, onion, coriander, lime juice and remaining oil in a bowl. Season with salt and pepper and toss to coat.
4. Combine mayonnaise, chipotle sauce and lime juice in a bowl.
5. Cook tortillas, one at a time, on same hot grill plate for 20 to 30 seconds each side, until charred. Remove and wrap in foil to keep warm.
6. To serve, spread chipotle mayonnaise over tortillas. Top with lettuce, nuggets and salsa. Serve with lime wedges.



PRINT



Dinner
DONE
WITH **MANU**

NUGGET SLIDERS

Sliders are not just for parties! They make for a fun Friday night dinner idea to bring in the weekend. These mini burgers served on tiny brioche buns are easy to make and even more enjoyable to serve. For a twist, try making these nugget sliders with some shoestring fries on the side.

6 SERVES | 25 MINS

WHAT YOU NEED INGREDIENTS

- Ingham's Chicken Breast Nuggets
- Brioche burger buns
- Spicy burger pickles
- Cabbage coleslaw
- Pick your sauce: Tomato onion relish, English mustard, etc.

HOW TO COOK IN A FEW SIMPLE STEPS

1. Cook your Chicken Breast Nuggets as per the instructions on the bag.
2. Cut your brioche burger buns in half and spread them with a sauce of your choice.
3. Assemble each mini burger with your chicken breast nuggets, burger pickles, and cabbage coleslaw.
4. Voilà! Your nugget sliders are ready to serve.



PRINT



Dinner
DONE
WITH **MANU**

TEMPURA NUGGETS BOWL

Are you searching for dinner ideas that the whole family will love? Look no further than this tempura nuggets bowl recipe! Made with just a few simple ingredients, it's a delicious and hassle-free way to serve up dinner for your loved ones.

2 SERVES | 30 MINS

WHAT YOU NEED INGREDIENTS

- Ingham's Chicken Breast Nuggets Tempura
- Basmati rice
- Avocado
- Carrot
- Cucumber
- Ginger
- Fresh parsley
- Radish
- Edamame
- Black & white sesame seeds
- Red chilli peppers
- Salt & pepper
- Lime
- Sriracha aioli

HOW TO COOK IN A FEW SIMPLE STEPS

1. Cook Ingham's Chicken Breast Nuggets Tempura and basmati rice as per the instructions on the bag.
2. Assemble bowl with rice, chicken breast nuggets, carrot, cucumber, ginger, edamame, radish, avocado, red chilli peppers and fresh parsley.
3. Squeeze some lime juice over your bowl.
4. Season with sesame seeds, salt & pepper.
5. Serve with some spicy sriracha aioli.



PRINT



Dinner
DONE
WITH **MANU**

SWEET CHILLI TENDERS CHICKEN TACOS

If you're on the hunt for quick & easy dinner recipes that pack a punch, try our Sweet Chilli Tenders Chicken Tacos! Our tender chicken covered in a sweet chilli coating is the perfect mix of flavours. Add in some fresh lettuce, onions, and pineapple and you've got a delicious and nutritious meal that will leave you wanting more.

10 SERVES | 30 MINS

WHAT YOU NEED INGREDIENTS

- Ingham's Sweet Chilli Chicken Tenders
- Mini flour tortillas
- Guacamole
- Red onions
- Green chilli peppers
- Pineapple
- Iceberg salad
- Fresh parsley
- Lime
- Corn chips

HOW TO COOK IN A FEW SIMPLE STEPS

1. Cook Ingham's Sweet Chilli Chicken Tenders as per the instructions on the bag.
2. Slice green chilli peppers and finely dice onions and pineapple.
3. Chop and thoroughly wash iceberg salad.
4. Assemble the tacos: 1 chicken tender in a tortilla, topped with iceberg salad, onions, green chilli peppers, pineapple and fresh parsley.
5. Squeeze some lime juice over your chicken tacos.
6. Serve with guacamole and corn chips.



PRINT



TENDERS CAESAR SALAD

Looking for a refreshing and satisfying salad option? Try our Tenders Caesar Salad, featuring tender chicken and a flavourful dressing that will leave you feeling satisfied without weighing you down. This salad is the perfect mix of crunchy romaine lettuce, creamy dressing, and tasty cheese, and it pairs perfectly with some Mozzarella cheese crisps. Whether you're looking for a quick lunch or a light dinner, this chicken salad is sure to hit the spot.

6 SERVES | 25 MINS

WHAT YOU NEED INGREDIENTS

- Ingham's Crumbed Chicken Tenders
- Spiral pasta
- Romaine lettuce
- Cherry tomatoes
- Parmesan cheese
- Dijon mustard
- Extra virgin olive oil
- Crispy bread chips
- Mozzarella cheese
- Fresh lemon juice
- Salt & black pepper to season
- Flat leaf parsley
- 1 tablespoon lime juice

HOW TO COOK IN A FEW SIMPLE STEPS

1. Cook Ingham's Crumbed Chicken Tenders and spiral-shaped pasta and as per the instructions on the bag.
2. Chop and thoroughly wash cherry tomatoes and romaine lettuce.
3. Add lettuce, cherry tomatoes, and chicken tenders to a bowl.
4. Pour over Caesar dressing (mix of Dijon mustard, olive oil, a squeeze of fresh lemon juice, salt & pepper).
5. Toss the salad to evenly coat it in the dressing.
6. Sprinkle with parmesan cheese and fresh parsley.
7. Serve with some crispy bread chips topped with Mozzarella cheese.



PRINT



Dinner
DONE
WITH MANU

SWEET CHILLI TENDERS RICE BOWL

If you're searching for healthy dinner ideas, try our sweet chilli chicken tenders over hot rice, covered in a rich peanut sauce and flaked with sesame seeds and fresh herbs. This Asian-inspired recipe not only tastes delicious, but it also provides a nutritious meal that will leave you feeling satisfied.

2 SERVES | 30 MINS

WHAT YOU NEED INGREDIENTS

- Ingham's Chicken Breast Tenders Sweet Chilli
- Basmati rice
- Green onions
- Cucumber
- Peanut sauce
- Fresh ginger
- Fresh coriander
- Black & white sesame seeds to season
- Sweet chilli sauce
- Salt, pepper & chilli flakes to season

HOW TO COOK IN A FEW SIMPLE STEPS

1. Cook rice and Ingham's Chicken Breast Tenders Sweet Chilli as per the instructions on the bag.
2. Assemble bowl with rice, chicken tenders, green onions, cucumber, ginger, and coriander.
3. Add peanut sauce & sweet chilli sauce.
4. Season with sesame seeds, salt, pepper and chilli flakes.
5. Serve while hot.



PRINT



**WE HAVE MORE TASTY
RECIPES COMING.
STAY IN THE LOOP BY
SUBSCRIBING TO OUR
YT CHANNEL!**

 @INGHAM'SCHICKEN 

