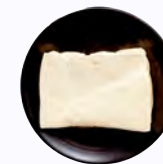




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: HALLOUMI

Halloumi has the unusual feature of not melting when heated which makes it great for grilling and pan frying!



2. HERBED SCHNITZELS

WITH HALLOUMI & CUCUMBER QUINOA

 30 Minutes

 4 Servings

Mixed quinoa tossed with fresh cucumber, cherry tomatoes and halloumi with herby chicken schnitzels and a light dill dressing.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
48g	28g	24g

FROM YOUR BOX

MIXED QUINOA	1 packet (150g)
BABY CUCUMBERS	1 punnet
SPRING ONIONS	1/4 bunch *
CHERRY TOMATOES	1 bag (200g)
DILL	1 packet
HALLOUMI	1 packet
CHICKEN SCHNITZELS	600g

* Ingredient also used in another recipe

FROM YOUR PANTRY

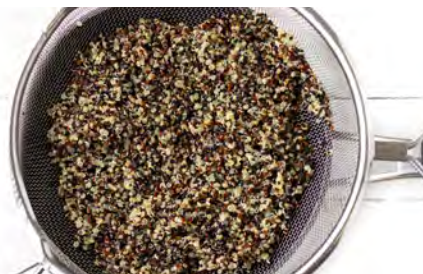
oil (for cooking + olive), salt, pepper, apple cider vinegar, dried Italian herbs

KEY UTENSILS

saucepan, frypan

NOTES

Spice up the dish and flavour the halloumi before cooking! Try ground paprika, cumin or coriander.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



2. PREPARE THE SALAD

Slice cucumbers and spring onions. Halve tomatoes.



3. MAKE THE DILL DRESSING

Chop dill fronds. Whisk together with **2 tbsp vinegar** and **3 tbsp olive oil**. Season with **salt and pepper**.



4. COOK THE HALLOUMI

Cut halloumi into squares. Cook in a frypan with **oil** over medium-high heat for 5-6 minutes until golden. Remove to salad bowl.



5. COOK THE CHICKEN

Coat chicken with **1 tsp dried Italian herbs, salt and pepper**. Reheat pan over medium-high heat. Cook chicken for 4-5 minutes each side or until cooked through.



6. FINISH AND PLATE

Toss quinoa with salad, halloumi and 1/2 the dressing. Divide among plates with chicken. Serve with remaining dressing to taste.