



### Product Spotlight: Lemon

When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



## Lemon Butter Chicken

### with Spring Greens

Chicken schnitzels cooked in a silky lemon butter sauce with garlic served alongside mashed potatoes and spring greens tossed with almonds.



30 minutes



2 servings



Chicken

15 September 2023

## Switch it up!

*You can use the potatoes to make wedges or chips instead! Crumb the chicken and serve with lemon wedges.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	33g	66g



## FROM YOUR BOX

POTATOES	3
SLIVERED ALMONDS	1 packet (40g)
ASPARAGUS	1 bunch
LEMON	1
CHICKEN SCHNITZELS	300g
GARLIC CLOVE	1
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter, milk (optional)

## KEY UTENSILS

frypan, saucepan

## NOTES

Use lemon to taste. You can zest the lemon and toss it through the blanched greens if you like!



### 1. COOK THE POTATOES

Set oven to 220°C.

Peel and dice potatoes. Place in a saucepan and cover with water. Bring to a boil for 12 minutes until potatoes are tender. Drain and return to pan (continue at step 5).



### 4. COOK THE CHICKEN

Slice lemon (see notes).

Wipe out pan and reheat over medium-high heat with oil. Season chicken with salt and pepper and cook for 5 minutes on one side. Turn over and add lemon slices, 2 tbsp butter and crushed garlic clove. Cook for a further 5 minutes. Take off heat.



### 2. TOAST THE ALMONDS

Add almonds to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Set aside.



### 5. MASH THE POTATOES

Mash potatoes with 1/2 tbsp butter and 1/4 cup milk or water to reach a smooth consistency. Season with salt and pepper.



### 3. BLANCH THE GREENS

Trim asparagus. Fill a frypan with water and bring to a simmer. Add asparagus and cook for 3–5 minutes until tender. Drain and toss with 1/2 tbsp olive oil, salt and pepper. Toss in almonds. Remove to a plate.



### 6. FINISH AND SERVE

Chop parsley and use to garnish chicken. Serve with mashed potatoes and greens.



Scan the QR code to  
submit a Google review!

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

