



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



A2 Tarragon Chicken with Caper Butter

Herby chicken schnitzels, golden baby potatoes and layered tomato and basil salad. All served with tasty caper butter, delicious when melted on top!



25 minutes



2 servings



Chicken

9 December 2022

Save the butter!

You can use more butter in this recipe and add some crushed garlic, chopped fresh herbs or fennel seeds for extra flavour. Freeze any leftovers to serve another time.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	19g	70g

FROM YOUR BOX

BABY POTATOES	400g
TOMATO	1
GREEN CAPSICUM	1
SNOW PEAS	1 bag (150g)
BASIL	1 packet (10g)
CHICKEN SCHNITZELS	300g
CAPERS	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, dried tarragon

KEY UTENSILS

large frypan/BBQ, saucepan

NOTES

You can dress the salad with balsamic vinegar and olive oil if preferred!



1. COOK THE POTATOES

Set aside **40g butter** to soften.

Add potatoes (halve any larger ones) to a saucepan and cover with water. Bring to a boil and simmer for 12-15 minutes until tender. Drain and return to pan (see step 5).



4. MAKE THE CAPER BUTTER

Drain and roughly chop capers. Combine with **softened butter**. Set aside.



2. PREPARE THE SALAD

Slice tomato and capsicum into rounds. Trim and slice snow peas. Pick basil leaves. Layer all ingredients on a serving plate, alternating as you go.



5. FINISH THE POTATOES

Reheat pan with potatoes over medium-high heat with **oil**. Cook for 5 minutes, tossing until golden. Season with **salt and pepper**.



3. COOK THE CHICKEN

Heat a frypan or BBQ over medium-high heat. Coat chicken with **1 tsp tarragon, oil, salt and pepper**. Cook for 4-5 minutes each side or until cooked through.



6. FINISH AND SERVE

Serve chicken with potatoes, salad and caper butter at the table (see notes).

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**

