



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



4 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
	41g	25g	65g

FROM YOUR BOX

POTATOES	1kg
SLIVERED ALMONDS	1 packet (40g)
ASPARAGUS	1 bunch
GREEN BEANS	150g
LEMON	1
CHICKEN SCHNITZELS	600g
GARLIC CLOVES	2
PARSLEY	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, saucepan

NOTES

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).



2. TOAST THE ALMONDS

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



3. BLANCH THE GREENS

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



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, **50g butter** and 2 crushed garlic cloves. Cook for a further 5 minutes. Take off heat.



5. MASH THE POTATOES

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



6. FINISH AND SERVE

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



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