

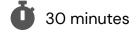




## Lemon Butter Chicken

### with Spring Greens

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







# Switch it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES 65g

25g

#### 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 mediumhigh 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.

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



