



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Spring onions


Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked.




B4

Golden Chicken Patties with Garlic Bread

Spring onion chicken patties, cooked in the pan until golden! Served with warm garlic bread, crunchy veggie sticks and sauce for dipping. The perfect finger food for picky eaters!

 25 minutes

 4 servings

 Chicken

25 February 2022

Switch it up!

You can use all the ingredients to make chicken sandwiches instead! Form the chicken into larger patties and serve between sliced bread. Slice the cucumber and capsicum, grate the carrot and serve with yoghurt sauce.

FROM YOUR BOX

SPRING ONIONS	4
CARROTS	2
CHICKEN MINCE	600g
LEBANESE CUCUMBERS	2
RED CAPSICUM	1
GARLIC CLOVES	2
SOURDOUGH LOAF	1
SALSA/RELISH	1 jar

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, curry powder (see notes)

KEY UTENSILS

large frypan

NOTES

You can substitute the curry powder for ground cumin or 2 tsp dried herb of choice.

You can add fresh chopped parsley, chives or a dried herb to the butter if preferred!

No gluten option - sourdough loaf is replaced with GF bread.



1. PREPARE THE CHICKEN

Set oven to 220°C. Set aside **3 tbsp butter** to soften.

Slice spring onions and grate 1 carrot. Combine in a bowl with chicken mince, **1 tbsp curry powder, salt and pepper**.



2. COOK THE BITES

Heat a large frypan over medium-high heat with **oil**. Spoon in 1/4 cupfuls of chicken into pan. Cook for 4-5 minutes each side, until cooked through. Repeat with remaining mixture.



3. PREPARE THE VEGGIES

Cut the cucumbers, capsicum and remaining 1 carrot into veggie sticks. Set aside.



4. BAKE THE GARLIC BREAD

Crush 2 garlic cloves. Mix with **3 tbsp softened butter** (see notes). Slice bread 3/4 of the way and spread with garlic butter. Place on a tray in the oven for 5 minutes.



5. FINISH AND SERVE

Arrange chicken bites, veggie sticks and salsa/relish on a platter. Serve with garlic bread on the side.

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**

