



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Pine Nuts


Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts only about 20 species have pine nuts large enough to be worth eating.



## 3 Chicken Schnitzels with Potato Hash and Kiev Butter

Deconstructed Chicken Kiev made quick & easy with pan-fried schnitzels topped with a parsley & garlic butter. Served with potato hash, sautéed broccoli and scattered with golden pine nuts.

 20 minutes

 4 servings

 Chicken

6 July 2020

*Make it easier!*

*Roast potato and broccoli in the oven instead if you prefer less hands-on cooking!*

## FROM YOUR BOX

DICED POTATOES	1 bag (800g)
ROSEMARY SPRIG	1
PINE NUTS	1 packet (40g)
CHICKEN SCHNITZELS	600g
PARSLEY	1/2 bunch *
LEMON	1
BROCCOLI	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, smoked paprika, 1 garlic clove

## KEY UTENSILS

large frypan x 2

## NOTES

Chop rosemary leaves for more flavour!

Roughly grate butter to soften quickly! Mash together with other ingredients using a fork.

If you prefer not to make the butter, you can replace the butter with olive oil for a dressing instead. You may need to add 1/2-1 tsp honey for sweet ness.



### 1. COOK THE POTATOES

Heat a large frypan with **oil/butter** over medium heat. Add diced potatoes and rosemary sprig (see notes). Cook for 15 minutes or until golden and tender. Season with **salt and pepper**.



### 2. TOAST THE PINE NUTS

Toast pine nuts in a large dry frypan over medium heat until golden. Set aside, keep pan over medium-high heat.



### 3. COOK THE CHICKEN

Toss chicken schnitzels with **oil, salt, pepper** and **1 tsp smoked paprika**. Add schnitzels to pan and cook for 4-5 minutes on each side or until cooked through.



### 4. MAKE THE PARSLEY BUTTER

Finely chop 2 tbsp parsley and combine with **1 small crushed garlic clove**, 1 tsp grated lemon zest, **1 tbsp olive oil** and **60g butter** (see notes). Season with **salt**.



### 5. SAUTÉ THE BROCCOLI

Transfer potatoes to a serving bowl, keeping frypan over heat. Cut broccoli into florets, add to pan with **1/4 cup water**. Cook, covered for 3-4 minutes or until cooked to your liking. Season with **salt** and drizzle with **olive oil**.



### 6. FINISH AND SERVE

Place chicken on plates and top with a dollop of parsley butter. Serve with potatoes, broccoli and lemon cut into wedges. Sprinkle with pine nuts.

**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](mailto:hello@dinnertwist.com.au)

