



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Rocket

Rocket, also called arugula, has a spice, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



1 Crumbed Chicken with Roast Tomato Spaghetti

Panko crumbed chicken schnitzels served alongside roast tomato & capers tossed spaghetti with a side of rocket leaves.

 20 minutes

 4 servings

 Chicken

15 June 2020

FROM YOUR BOX

CHERRY TOMATOES	1 packet (400g)
GARLIC CLOVES	2
PANKO CRUMBS	1 packet (100g)
SHAVED PARMESAN CHEESE	1/2 packet (75g) *
THYME	1/3 packet *
CHICKEN SCHNITZELS	600g
LONG PASTA	1 packet (500g)
CAPERS	1 jar
ROCKET LEAVES	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, egg (1), red or white wine vinegar

KEY UTENSILS

oven dish, large frypan, saucepan

NOTES

To quickly remove thyme leaves – place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

When cooking long pasta, make sure to stir occasionally with a fork to ensure the pasta don't stick together.

No gluten option – pasta is replaced with GF pasta and panko crumbs are replaced with almond meal.



1. ROAST THE TOMATOES

Set oven to 220°C and bring a saucepan of water to the boil (for the pasta).

Place tomatoes (halve any larger ones) in a lined oven dish with crushed garlic, **3 tbsp olive oil, 1 tbsp vinegar, salt and pepper**. Roast for 15 minutes.



4. COOK THE CHICKEN

Heat a large frypan with **2-3 tbsp oil/butter** over medium heat. Press chicken into crumbs then add to pan and cook for 4-5 minutes on each side or until cooked to your liking.



2. PREPARE THE CRUMB

Combine panko crumbs, half of the parmesan cheese, picked thyme leaves (see notes) from 1/4 packet, **salt and pepper**.

Whisk **1 egg** in a shallow bowl and add chicken schnitzels.



5. TOSS THE PASTA

Toss pasta and rinsed capers into oven dish with tomatoes. Adjust seasoning with **salt and pepper** if needed.



3. BOIL THE PASTA

Add pasta to boiling water and cook according to packet instructions (see notes). Drain, see step 5.



6. FINISH AND PLATE

Serve crumbed chicken with roast tomato spaghetti and rocket leaves. Top with remaining thyme and parmesan cheese.

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

