



Product Spotlight: Coastal Crunch

This lupin crumb is made in Perth by Coastal Crunch, flavoured with fragrant herbs the whole family will love. It has a 5-Star Health Rating and is gluten-free (endorsed by Coeliac Australia)!



Chilli Lupin Crumb Schnitzels with Crispy Potatoes & Sprout Salad

Chicken schnitzels coated in mild chilli lupin crumb served with pan-crisped baby potatoes and a fresh alfalfa sprout salad.



30 minutes



2 servings



Chicken

17 March 2023

Saucy!

*Serve the crumbed schnitzels
with your favourite sauce, aioli,
mayonnaise, relish, or chutney!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	28g	74g

FROM YOUR BOX

BABY POTATOES	400g
CHILLI LUPIN CRUMB	1 packet (20g)
CHICKEN SCHNITZELS	300g
ALFALFA SPROUTS	1 punnet
TOMATO	1
LEBANESE CUCUMBER	1
AVOCADO	1
LEMON	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme

KEY UTENSILS

frypan, large saucepan

NOTES

Boil the kettle and cover potatoes with hot water to speed up this process.



1. BOIL THE POTATOES

Place potatoes in a saucepan and cover with water (see notes). Bring to a boil and simmer for 10–15 minutes, or until fork tender. Drain and return to saucepan.



2. CRUMB THE SCHNITZELS

Sprinkle lupin crumb on a plate. Coat schnitzels in **oil, salt and pepper**. Press into lupin crumb to coat.



3. COOK THE SCHNITZELS

Heat a large frypan over medium–high heat with **oil**. Add schnitzels, in batches if necessary, and cook for 4–5 minutes each side until golden and cooked through.



4. CRISP THE POTATOES

Add **1 tbsp oil** and **1/2 tbsp thyme** to saucepan with potatoes. Keep over heat for 10 minutes or until potatoes begin crisp.



5. MAKE THE SPROUT SALAD

Pull alfalfa sprouts apart and add to a large bowl. Wedge tomato, crescent cucumber and dice avocado. Add to bowl as you go along with **1 tbsp olive oil**, juice from 1/2 lemon (wedge remaining), **salt and pepper**. Toss to combine.



6. FINISH AND SERVE

Slice schnitzels. Divide crispy potatoes and schnitzels among plates. Serve with sprout salad and lemon wedges.

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**

