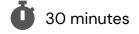


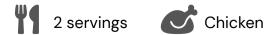
## Chilli Lupin Crumb Schnitzels

### 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.







# Saucy!

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

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
ТОМАТО	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



