

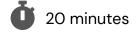




# **Oregano Chicken**

# with Plum, Jalapeño and Balsamic Salad

Chicken schnitzels served with a fresh and vibrant salad of plum, jalapeño, brown lentils and balsamic dressing with crunchy seed topping.







BBQ it!

Take the chicken schnitzels out to the BBQ if it's a warm day. You can also BBQ the plum and jalapeño for extra flavour!

TOTAL FAT CARBOHYDRATES

47g

13 January 2023

47g

#### FROM YOUR BOX

SEED MIX	1 packet (40g)
CHICKEN SCHNITZELS	300g
PLUM	1
JALAPEÑO	1
AVOCADO	1
ТОМАТО	1
TINNED LENTILS	400g
ROCKET LEAVES	1 bag (60g)

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

#### **KEY UTENSILS**

large frypan

#### **NOTES**

The seed mix is made up of sunflower seeds and pepitas.

Remove seeds from jalapeño for a milder dish.



#### 1. TOAST THE SEED MIX

Heat a large frypan over medium-high heat. Add seeds to dry pan and toast for 3-4 minutes until golden. Remove to a bowl and keep pan over heat.



#### 2. MAKE THE DRESSING

In a large bowl whisk together 3 tbsp olive oil, 2 tsp vinegar, salt and pepper.



#### 3. COOK THE CHICKEN

Coat chicken in oil, 1 tsp oregano, salt and pepper. Add to reserved frypan and cook for 4-5 minutes each side until cooked through.



## 4. TOSS THE PLUM SALAD

Slice plum and jalapeño (see notes). Dice avocado and tomato. Drain and rinse lentils. Add to bowl with dressing. Toss until well coated.



## **5. FINISH AND SERVE**

Add rocket leaves to a platter. Top with plum salad. Sprinkle over toasted seeds. Serve tableside with oregano chicken.



