




Product Spotlight: Sun-dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Creamy Tuscan Chicken Schnitzels

A creamy, comforting dish featuring golden chicken schnitzels with a rich sun-dried tomato sauce. Served with crispy roasted potatoes and a side of tender greens.

 35 minutes



Chicken



2 servings

Change the sauce!

Switch out the sun-dried tomatoes for some pesto or sliced mushrooms if you prefer a different sauce! The tomatoes can be finely sliced and tossed with the greens or saved for pizza toppings.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	34g	44g

FROM YOUR BOX

MEDIUM POTATOES	3
GARLIC CLOVE	1
SUN-DRIED TOMATOES	1 tub
SOUR CREAM	1 tub
BROCCOLI	1
GREEN BEANS	150g
CHICKEN SCHNITZELS	300g
TARRAGON HERB MIX	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, oven tray, stick mixer or blender

NOTES

A little texture from the tomatoes is nice in this sauce, otherwise it can be blended until completely smooth if preferred. If you don't have a stick mixer or blender you can finely chop the sun-dried tomatoes and crush the garlic clove instead.

You can toss the greens with some crushed garlic and butter for flavour.



1. ROAST THE POTATOES

Set oven to 220°C.

Dice **potatoes** and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 25–30 minutes or until cooked through.



2. PREPARE THE SAUCE

Roughly chop **garlic clove**. Blend together with **sun-dried tomatoes** and **sour cream** using a stick mixer or blender to reach a smoother consistency (see notes).



3. BLANCH THE GREENS

Fill a large frypan with water and bring to a simmer. Cut **broccoli** into small florets and trim **beans**. Add to pan and simmer for 3–4 minutes until just tender. Drain and set aside (see notes).



4. BROWN THE CHICKEN

Wipe out frypan and reheat over medium-high heat with **oil**. Coat **chicken** with **tarragon herb mix, salt and pepper**. Cook for 3–4 minutes each side. Remove to a plate.



5. SIMMER THE SAUCE

Stir prepared **sun-dried tomato sauce** and **3/4 cup water** into pan. Simmer for 3 minutes until warmed through. Return **chicken** to pan to coat in **sauce**.



6. FINISH AND SERVE

Divide **potatoes, greens** and **chicken** with **sauce** among plates to serve.



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