



Product Spotlight: Garlic

To make peeling garlic cloves easier, place them on a cutting board, press down on them gently with the flat side of a knife, and then the skin should come off more easily.



Garlic Butter Chicken with Potatoes

Juicy chicken schnitzels pan-fried with garlic butter, served alongside golden thyme roasted potatoes and a colourful bean salad.

 35 minutes

 Chicken

 2 servings

Jazz it up!

Crumb the chicken before pan-frying for a crispy finish. Stir grated parmesan into the potatoes or sprinkle over the salad before serving.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	24g	62g

FROM YOUR BOX

BUTTER	2 packets
BABY BLUE POTATOES	500g
THYME	1 packet
GARLIC CLOVE	1
LEMON	1
GREEN BEANS	150g
CHERRY TOMATOES	200g
YELLOW CAPSICUM	1
CHICKEN SCHNITZELS	300g

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil

KEY UTENSILS

large frypan, oven tray

NOTES

You can add fresh chopped rosemary, lemon pepper, dried oregano chilli flakes to flavour the butter.



1. ROAST THE POTATOES

Preheat oven to 220°C. Take **butter** out to soften slightly.

Halve **baby potatoes** and toss on a lined tray with **1/2 tbsp thyme leaves, oil, salt and pepper**. Roast for 25–30 minutes until golden and crisp.



4. PREPARE THE SALAD

In a large salad bowl, whisk together **1/2 lemon juice** (wedge remaining), **2 tbsp olive oil, salt and pepper**. Halve **tomatoes** and slice **capsicum**. Add to bowl with **dressing** along with **blanched beans**.



2. PREPARE THE BUTTER

Combine **softened butter** with crushed **garlic clove, 1 tsp lemon zest** in a bowl (see notes). Set aside.



5. COOK THE CHICKEN

Coat **chicken** with **1 tsp thyme leaves, oil, salt and pepper**. Heat frypan over medium-high and cook **chicken** for 3–4 minutes each side. Increase heat to high and add **garlic butter**. When **butter** is browned (1 minute), remove from heat.



3. BLANCH THE BEANS

Fill a frypan with water and bring to a simmer. Trim and halve **beans**. Add to simmering water for 2–3 minutes until tender. Drain and rinse with cold water. Set aside.



6. FINISH AND SERVE

Serve **chicken** and **butter sauce** with a side of **potatoes, bean salad and lemon wedges**.



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