



### Product Spotlight: Nectarines

Eating nectarines is a healthy way to include vitamins and minerals in your diet. Choose a firm nectarine for a nutritious snack, or serve them sliced with a drizzle of honey for a nutrient-packed dessert!



## Spiced Chicken with Summer Pearl Couscous

Honey mustard dressed pearl couscous with sweet nectarines, crisp celery, roast capsicum strips and mesclun leaves; served with spiced chicken schnitzels and finished with walnuts.



20 minutes



2 servings



Chicken

## Prep ahead!

*This dish can be transformed into a delicious chicken salad. Cook the dish ahead of time, slice the cooked chicken and toss it together. Enjoy at a BBQ or picnic (also great as a side dish for many!).*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	32g	86g



## FROM YOUR BOX

PEARL COUSCOUS	150g
HONEY SHOT	1
NECTARINE	1
CELERY STICK	1
ROASTED PEPPERS	1 jar
MESCLUN LEAVES	60g
WALNUTS	1 packet
CHICKEN SCHNITZELS	300g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, seeded mustard, red wine vinegar, ground coriander

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use ground cumin, sweet paprika or a dried herb of choice to coat the chicken if preferred. You can cook the chicken on the BBQ instead of the frypan.

**No gluten option – pearl couscous is replaced with GF pasta.** Cook pasta in boiling water according to packet instructions or until al dente.



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### 1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



### 2. PREPARE THE DRESSING

Whisk together **honey**, **1 tbsp seeded mustard**, **1 tbsp vinegar** and **2 tbsp olive oil** in a bowl. Set aside.



### 3. PREPARE THE SALAD

Slice **nectarine** and **celery**. Drain **roasted peppers** and slice. Set aside in a large bowl with **mesclun leaves**.



### 4. TOAST THE WALNUTS

Chop **walnuts** and add to a dry frypan over medium-high heat. Toast for 2-3 minutes until golden. Set aside and keep pan on heat.



### 5. COOK THE CHICKEN

Coat **chicken** with **1/2 tbsp ground coriander**, **oil**, **salt** and **pepper** (see notes). Cook in pan for 4-5 minutes each side or until cooked through.



### 6. FINISH AND SERVE

Toss salad with pearl couscous and dressing. Serve alongside chicken and garnish with walnuts.

**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**

