DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Basil

Basil can help restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestion and boosts immunity.
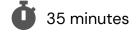
Almond Crumbed Chicken
with Basil Oil

Almond crumbed chicken schnitzels and roasted sweet potato served with fresh salsa and basil oil!

Switch it up!

Use the almonds and basil to make a pesto! Add some lemon juice or vinegar, grated Parmesan cheese and blend to pesto consistency.

⏱ 35 minutes   🍴 4 servings   🍗 Chicken

3 February 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	29g	83g

FROM YOUR BOX

SWEET POTATOES	800g
FLAKED ALMONDS	1 packet (80g)
CHICKEN SCHNITZELS	600g
BASIL	1 packet (20g)
YELLOW CAPSIUCM	1
AVOCADO	1
CHERRY TOMATOES	200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, white wine vinegar, sugar of choice (see notes)

KEY UTENSILS

2 oven trays, stick mixer (or small blender)

NOTES

We used raw sugar to make the basil oil. White sugar, honey, maple syrup, coconut sugar and palm sugar would all work well. Be sure to use to taste.

If you don't want to get the stick mixer out to make the basil oil, fear not! Finely chop the basil and mix in a bowl with remaining ingredients.

1. ROAST THE SWEET POTATO

Set oven to 220°C.

Chop sweet potatoes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes, or until tender and golden.

2. BAKE THE SCHNITZELS

Roughly chop flaked almonds. Add to a bowl along with **1 tbsp olive oil.** Mix to combine. Coat schnitzels with **oil, 2 tsp dried thyme, salt and pepper.** Place on a lined oven tray and top with almond crumb. Roast in oven for 10–15 minutes until cooked through.

3. MAKE THE BASIL OIL

Roughly chop basil leaves. Blend with **2 tbsp vinegar, 2 tsp sugar, 1/3 cup olive oil, salt and pepper** using a stick mixer (see notes) to a smooth consistency**.**

4. MAKE THE SALSA

Chop capsicum, dice avocado and halve tomatoes. Toss together.

5. FINISH AND SERVE

Divide potatoes, schnitzels and salsa among plates. Serve with basil oil.

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**