



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capsicum

Capsicum is an excellent source of vitamin C needed for tissue growth and repair all over your body. It also helps the body produce collagen, which gives our skin strength and elasticity.



E4

Chicken in Enchilada Sauce with Lime Salsa

Chicken schnitzels and veggies cooked in a homemade enchilada sauce served over nutty brown rice with fresh and zingy lime salsa.



30 minutes



4 servings



Chicken

4 November 2022

Add to it!

You can customise this dish by adding some toppings at the end. Try chopping fresh herbs such as coriander, mint or oregano. You can also crumble over some feta or goat's cheese or add a dollop of sour cream.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	4g	49g

FROM YOUR BOX

BROWN RICE	1 packet (300g)
CHICKEN SCHNITZELS	600g
BROWN ONION	1
GREEN CAPSICUM	1
YELLOW CAPSICUM	1
TOMATO PASTE	1 sachet
LIME	1
LEBANESE CUCUMBER	1
TOMATOES	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, smoked paprika, ground cumin

KEY UTENSILS

large frypan, saucepan

NOTES

For extra flavour, crumble a stock cube into the sauce or add a few dashes of hot sauce, some diced jalapeño or dried chilli flakes.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. COOK THE CHICKEN

Heat a large frypan over medium–high heat with **oil**. Halve chicken schnitzels. Coat in **oil, salt, pepper** and **2 tbsp cornflour**. Add to pan and cook for 2–4 minutes each side until browning begins.



3. ADD THE VEGETABLES

Slice onion and capsicums. Add to pan with **1 tbsp smoked paprika**, and **2 tsp cumin**. Cook, stirring, for 2 minutes.



4. SIMMER THE SAUCE

Add tomato paste to pan and stir (see notes). Pour in **1 1/2 cups water** and simmer for 4–6 minutes until thickened and chicken is cooked through. Season to taste with **salt and pepper**.



5. MAKE THE SALSA

Zest lime and juice 1/2 (wedge remaining). Dice cucumber and tomatoes. Add to a bowl, with lime zest, as you go. Toss to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide rice among bowls. Top with schnitzels and vegetables. Spoon over sauce and top with salsa. Serve with lime wedges.

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**

