




### Product Spotlight: Orange


When zesting lemons, limes, or oranges remove the brightly coloured flesh of the peel only; avoid the white part, or pith, directly underneath the peel as this is quite bitter.



## Fennel Chicken with Roasted Orange Parsnip Salad

Chicken schnitzels cooked with fennel seeds and served with a roasted vegetable salad of fennel, Dutch carrots and parsnips tossed in a fresh orange dressing.

 35 minutes

 4 servings

 Chicken

29 September 2023

## Refresh!

*Not feeling roast vegetables? Too easy! Thinly slice fennel, ribbon Dutch carrots and toss with orange dressing and rocket leaves. Add avocado, cherry tomatoes, cucumber and ribbon a zucchini if desired. Serve with croutons or crusty bread for carbs.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	5g	33g

## FROM YOUR BOX

PARSNIPS	2
FENNEL	1 bulb
DUTCH CARROTS	1 bunch
ORANGE	1
AGAVE DRESSING	1 sachet
CHICKEN SCHNITZELS	600g
ROCKET LEAVES	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, lemon pepper, fennel seeds

## KEY UTENSILS

large frypan, oven tray

## NOTES

Lemon pepper can be substituted with lemon zest, Italian herbs or dried or fresh rosemary, thyme and oregano.

See product spotlight on cover for tips on zesting citrus fruits.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut parsnips in angular pieces. Wedge fennel. Trim and scrub carrots. Toss on a lined oven tray with **oil, salt** and **3 tsp lemon pepper** (see notes). Roast for 20-25 minutes until vegetables are tender.



### 4. TOSS THE VEGETABLES

Add roasted vegetables and rocket to bowl with dressing. Toss to combine.



### 2. MAKE ORANGE DRESSING

Zest and juice orange (see notes). Whisk with agave dressing to combine in a large bowl.



### 3. COOK THE CHICKEN

Heat a large frypan over medium-high heat. Coat chicken with **oil, 2 tsp fennel, salt and pepper**. Add to pan and cook for 4-5 minutes each side until cooked through.



### 5. FINISH AND SERVE

Divide tossed vegetables among plates along with chicken schnitzels.



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