



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.



Herby Chicken

with Ribboned Zucchini and Garlic Yoghurt

Chicken schnitzels crumbed and baked in herby lupin crumbs, served over a garlic yoghurt with a surprisingly delectable warm ribboned zucchini and chickpea salad.

Spice it up!

Add finely grated parmesan, almond meal or blended nuts to the crumb on your chicken for extra flavour!



30 minutes



4 servings



Chicken

1 September 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	10g	38g

FROM YOUR BOX

CHICKEN SCHNITZELS	600g
HERB & GARLIC LUPIN CRUMB	1 packet
ZUCCHINIS	2
SPRING ONIONS	1 bunch
GARLIC CLOVES	2
TINNED CHICKPEAS	2 x 400g
LEMON	1
NATURAL YOGHURT	1 tub
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



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1. CRUMB & BAKE THE CHICKEN

Set oven to 220°C.

Coat chicken in **oil, salt and pepper**. Place on a lined oven tray and press crumb into chicken. Bake for 10-15 minutes until cooked through.



4. MAKE THE GARLIC YOGHURT

Add remaining garlic and lemon zest to a bowl along with yoghurt and **2 tbsp water**. Season with **salt and pepper**. Mix to combine.



2. PREPARE THE VEGETABLES

Ribbon zucchini, slice spring onions and crush garlic. Drain and rinse chickpeas.

Zest lemon and wedge half. Set aside.



3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add spring onions, 1/2 crushed garlic and chickpeas to pan. Cook for 3 minutes. Add zucchinis. Squeeze in juice from 1/2 lemon. Season to taste with **salt and pepper**. Remove from heat.



5. FINISH AND SERVE

Roughly chop or tear basil leaves.

Spoon garlic yoghurt onto base of plates. Top with vegetables and chicken. Garnish with basil leaves and serve with lemon 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**

