



### Product Spotlight: Jalapeño

In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.



## Oregano Chicken

### with Plum, Jalapeño and Balsamic Salad

Chicken schnitzels served with a fresh and vibrant salad of plum, jalapeño, brown lentils and balsamic dressing with crunchy seed topping.



20 minutes



4 servings



Chicken

13 January 2023

## BBQ it!

*Take the chicken schnitzels out to the BBQ if it's a warm day. You can also BBQ the plum and jalapeño for extra flavour!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	32g	37g

## FROM YOUR BOX

SEED MIX	1 packet (80g)
CHICKEN SCHNITZELS	600g
PLUMS	2
JALAPEÑO	1
RADISHES	1 bunch
AVOCADO	1
TOMATOES	2
TINNED LENTILS	400g
ROCKET LEAVES	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

## KEY UTENSILS

large frypan

## NOTES

The seed mix is made up of sunflower seeds and pepitas.

Remove seeds from jalapeño for a milder dish.



### 1. TOAST THE SEED MIX

Heat a large frypan over medium-high heat. Add seeds to dry pan and toast for 3-4 minutes until golden. Remove to a bowl and keep pan over heat.



### 2. MAKE THE DRESSING

In a large bowl whisk together **1/4 cup olive oil, 3 tbsp vinegar, salt and pepper.**



### 3. COOK THE CHICKEN

Coat chicken in **oil, 2 tsp oregano, salt and pepper.** Add to reserved frypan and cook for 4-5 minutes each side until cooked through.



### 4. TOSS THE PLUM SALAD

Slice plums and jalapeño (see notes). Quarter radishes. Dice avocado and tomatoes. Drain and rinse lentils. Add to bowl with dressing. Toss until well coated.



### 5. FINISH AND SERVE

Add rocket leaves to a platter. Top with plum salad. Sprinkle over toasted seeds. Serve tableside with oregano chicken.

**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**

