





# **Product Spotlight: Cherry Tomatoes**

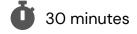
Did you know tomato varieties are considered an everyday super-fruit? Naturally high in lycopene, they may protect your DNA from damage, which, in turn, helps prevent various cancers.



# Peri Peri Chicken

# with Grilled Vegetables

Chicken schnitzels and vegetables grilled with custom-blend Peri Peri spice mix served over black rice with a zingy lime dressing.







# Spice it up!

Add dried chilli flakes, fresh chilli or hot sauce into the lime dressing, or a pinch of chilli powder to the peri peri spice mix to spice up this dish!

PROTEIN TOTAL FAT CARBOHYDRATES

40g 80g

#### **FROM YOUR BOX**

BLACK RICE	300g
ZUCCHINI	1
CORN COBS	2
CHERRY TOMATOES	2 x 200g
PERI PERI SPICE MIX*	1 packet
CHICKEN SCHNITZELS	600g
LIME	1

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, maple syrup

#### **KEY UTENSILS**

BBQ or griddle pan, saucepan

#### **NOTES**

\*Peri peri spice mix: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder and garlic powder.

Instead of grilling the vegetables and chicken, you can roast or pan-fry them.



#### 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 with cold water.



# 2. PREPARE THE VEGETABLES

Cut zucchini into angular pieces and cut corn into cobettes. Toss in a large bowl along with cherry tomatoes, oil, 1/2 peri peri spice, salt and pepper.



#### 3. GRILL THE VEGETABLES

Heat a BBQ or griddle pan (see notes) over medium-high heat with **oil**. Add vegetables and cook for 6 minutes, turning occasionally, until vegetables are tender. Remove vegetables and keep pan on heat.



### 4. GRILL THE CHICKEN

Coat schnitzels with **oil**, remaining peri peri spice mix, **salt and pepper**. Add to griddle and cook for 4–5 minutes each side.



## **5. MAKE THE LIME DRESSING**

While chicken cooks, zest and juice lime. Add to a bowl with 3 tbsp olive oil, 1-2 tsp maple syrup, 1 tbsp vinegar, 1 tbsp water, salt and pepper. Mix to combine.



#### 6. FINISH AND SERVE

Divide rice among shallow bowls. Top with grilled vegetables and chicken. Serve with lime dressing.



**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 **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



