



Product Spotlight: Olives

Green olives are picked once they have reached full size but before they are fully ripened.



Chicken Schnitzels

with Pine Nut & Currant Salsa

Lemon zest chicken schnitzels served with sautéed fennel over red rice, with fresh watercress and a perfectly balanced salsa of pine nuts, currants, olives and lemon juice.



25 minutes



4 servings



Chicken

7 April 2023

Herby!

You can add extra herbs to the salsa. Parsley, dill and mint would all make great additions!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	34g	83g

FROM YOUR BOX

RED RICE	1 packet (300g)
FENNEL BULB	1
LEMON	1
CELERY STICK	1
PITTED OLIVES	1 jar
PINE NUT+CURRANT MIX	1 packet
CHICKEN SCHNITZELS	600g
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, ground coriander

KEY UTENSILS

large frypan, saucepan

NOTES

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



1. COOK THE RICE

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



2. SAUTÉ THE FENNEL

Heat a large frypan over medium–high heat with **oil**. Slice fennel (reserve any fronds for step 3). Add to pan as you go along with **1 1/2 tsp coriander**. Sauté for 5 minutes until tender. Remove to a bowl and keep pan over heat.



3. MAKE THE SALSA

Meanwhile, zest lemon, set aside for step 4. Finely dice celery. Reserve 1 tbsp olive brine, then drain and roughly chop olives, along with reserved fennel fronds and pine nut mix. Add to a bowl along with **1/3 cup olive oil**, lemon juice, **salt and pepper**. Mix to combine.



4. COOK THE SCHNITZELS

Coat schnitzels in **oil**, lemon zest, **salt and pepper**. Add schnitzels to reserved pan and cook for 4–5 minutes each side until cooked through.



5. FINISH AND SERVE

Divide rice among shallow bowls. Serve with sautéed fennel, schnitzels and fresh watercress. Spoon over even amounts of salsa.



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