

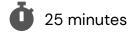




Chicken Schnitzels

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.







Herby!

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

PROTEIN TOTAL FAT CARBOHYDRATES

34g

37g

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.



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



