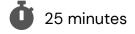




# **Zesty Chicken Schnitzels**

with Whipped Ricotta and Black Rice Salad

Liberty chicken free-range chicken tenderloins cooked with lemon zest, served over a perfect spring black rice salad with whipped ricotta.







Instead of whipping your ricotta you can crumble it over your vegetables on the oven tray and bake it. Add the tenderloins as well to cut down on dirty dishes!

TOTAL FAT CARBOHYDRATES

### **FROM YOUR BOX**

BLACK RICE	1 packet (300g)
RED ONION	1
DUTCH CARROTS	1 bunch
LEMON	1
RICOTTA	1 tub
CHICKEN TENDERLOINS	600g
ROCKET LEAVES	1 bag (120g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds (see notes)

#### **KEY UTENSILS**

large frypan, saucepan, oven tray

#### **NOTES**

If you don't have fennel seeds replace with cumin seeds or coriander seeds

Remaining ricotta can be used to stir through pasta, add to a quiche, top pancakes, make a cheesecake or as a substitute for yoghurt with your muesli.

Honey and dried chilli flakes would make a great addition to your whipped ricotta.



# 1. COOK THE RICE

Set oven to 220°C.

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. ROAST THE VEGETABLES

Trim dutch carrots and halve any larger ones, wedge red onion. Toss on a lined oven tray with oil, 2 tsp fennel seeds, salt and pepper. Roast for 15–20 minutes or until carrots are tender.



## 3. WHIP THE RICOTTA

Zest lemon (reserve for step 4). Use a stick mixer to whip 1/2 tub ricotta (see notes) with juice from 1/2 lemon (slice remaining for garnish). Season with salt and pepper.



# 4. COOK THE TENDERLOINS

Heat a large frypan over medium-high heat. Coat tenderloins in **oil**, lemon zest, salt and pepper. Add to pan and cook for 4-5 minutes each side or until cook through.



# 5. FINISH AND SERVE

Arrange black rice and roasted vegetables on a platter. Top with rocket leaves and tenderloins. Dot over whipped ricotta. Garnish with lemon slices.



