



### Product Spotlight: Cauliflower

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



E4

## Zesty Chicken

### with Tarragon Cauliflower Rice

Chicken schnitzels cooked with bright lemon zest and served with homemade tarragon cauliflower rice, garlic sautéed broccolini, fresh sprouts and lemon wedges.



30 minutes



4 servings



Chicken

18 November 2022

## Risotto!

*Change the cauliflower rice into a risotto. Crumble in a stock cube and add 1 1/2 cups water in step 4. Simmer, semi-covered, for 8-10 minutes until thickened to resemble risotto, and season to taste.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 5g **CARBOHYDRATES** 29g

## FROM YOUR BOX

CAULIFLOWER	1
LEMON	1
CHICKEN SCHNITZELS	600g
BROWN ONION	1
BROCCOLINI	1 bunch
SNOW PEA SPROUTS	1 punnet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, dried tarragon (see notes)

## KEY UTENSILS

2 frypans, food processor

## NOTES

You can substitute tarragon with dried or fresh oregano, rosemary or thyme.

If you don't have a food processor, you can grate your cauliflower or use a knife and finely chop it. Alternatively, cut it into florets and roast.



### 1. PREPARE CAULIFLOWER RICE

Roughly chop cauliflower. Add to food processor (see notes) and process to a fine texture.



### 2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Zest lemon (reserve remaining lemon for step 5). Coat schnitzels in **oil**, lemon zest, **salt and pepper**. Add to pan and cook for 4-5 minutes each side until cooked through. Remove schnitzels and reserve frypan for step 5.



### 3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice onion, add to pan along with **1 tbsps tarragon** and cook for 1 minute.



### 4. SAUTÉ CAULIFLOWER RICE

Add cauliflower rice to frypan with onion, and sauté for 4-5 minutes to warm through. Season to taste with **salt and pepper**.



### 5. COOK THE GREENS

Reheat frypan over medium-high heat with **oil**. Crush **garlic clove**. Trim and halve broccolini. Add to pan as you go and cook for 2-4 minutes or until tender. Squeeze over juice from 1/2 lemon (wedge remaining and set aside).



### 6. FINISH AND SERVE

Slice schnitzels.

Divide cauliflower rice among plates. Serve with schnitzels, broccolini and lemon wedges. Garnish with snow pea sprouts.

**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](mailto:hello@dinnertwist.com.au)

