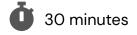




Zesty Chicken

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.







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.

TOTAL FAT CARBOHYDRATES

37g

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 1tbsp 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



