



### Product Spotlight: Brussels Sprouts

The vegetable many people love to hate! Brussels sprouts are packed with nutrients with 1 cup giving you the daily requirement for both vitamin C and K.



## Switch it up!

*To warm up this dish, you can cook the sprouts and apple with oil or butter. Pan frying Brussels sprouts brings out their sweet, almost nutty flavour and keeps them crisp meaning kids are more likely to enjoy them!*

## Almond Chicken Cutlets with Mash and Shredded Sprout Salad

Chicken schnitzels coated with mustard and almond meal, pan-fried to make delicious cutlets, served with mash potato and a fresh and delicious shredded Brussels sprout and green apple salad.



25 minutes



4 servings



Chicken

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	60g	26g	78g

## FROM YOUR BOX

MEDIUM POTATOES	1kg
SHALLOT	1
LEMON	1
BRUSSEL SPROUTS	400g
GREEN APPLES	2
CHICKEN SCHNITZELS	600g
DIJON MUSTARD	1 jar
ALMOND MEAL	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Boil the kettle and use hot water to speed up the cooking time. Peel potatoes if desired.

For extra flavour on the chicken, add dried thyme or rosemary if desired.

If desired add milk, cream, butter or olive oil to the mash for extra flavour.



### 1. BOIL THE POTATOES

Roughly chop potatoes (see notes). Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/2 cup cooking liquid** before draining.



### 2. MAKE THE SALAD

Dice shallot. Zest lemon and juice 1/2 (wedge remaining). Add to a large bowl as you go along with **1/4 cup olive oil, 1 tbsp water, salt and pepper**. Whisk to combine. Thinly slice Brussels sprouts and apples. Add to bowl and toss to combine.



### 3. COAT THE CHICKEN

To make cutlets, coat chicken with mustard and season with **salt** (see notes). Spread almond meal on a plate. Press chicken into almond meal to coat.



### 4. COOK THE CHICKEN

Heat a frypan over medium-high heat with oil. Add cutlets and cook for 4 minutes. Drizzle with extra oil if necessary, flip and cook for further 4-5 minutes until golden and cooked through.



### 5. MASH THE POTATOES

Return potatoes to saucepan along with **reserved cooking liquid** (see notes). Mash to desired consistency. Season well with **salt and pepper**.



### 6. FINISH AND SERVE

Divide mash and salad among plates. Serve with cutlets.



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