



Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Chicken Schnitzel

with Lemon Herb Pearl Couscous

This cozy, family-friendly dish has golden chicken schnitzels served over fluffy lemon herb pearl couscous and roasted vegetables.



35 minutes



4 servings



Chicken

Top it!

Add a drizzle of tahini dressing, a dollop of Greek yogurt, basil pesto or crumbled feta or goat cheese for a creamy finishing touch.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	8g	66g

FROM YOUR BOX

RED ONION	1
YELLOW CAPSICUM	1
ZUCCHINI	1
LEMON	1
GARLIC CLOVES	2
CHICKEN SCHNITZELS	600g
PEARL COUSCOUS	300g
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

Pan-fry the chicken if preferred. Add chicken to a frypan over medium-high heat and cook for 4-5 minutes each side or until cooked through.

No gluten option – couscous is replaced with basmati rice. Place rice in a saucepan with 600ml water. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



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1. ROAST THE VEGETABLES

Bring a saucepan of water to a boil and set oven to 220°C.

Wedge **onion**, slice **capsicum** and **zucchini**, and zest **lemon** (reserve remaining lemon for step 5). Toss on a lined oven tray with **oil**, **1 tbsp smoked paprika**, **salt and pepper**.



4. TOSS THE COUSCOUS

Return couscous to saucepan. Add reserve garlic, lemon juice and finely chopped **parsley**. Mix to combine and season with salt and pepper.



2. ADD THE CHICKEN

Crush **garlic**. Coat **chicken** with **oil**, 1/2 garlic (reserve remaining for step 4), **2 tsp oregano**, **salt and pepper**. Add to oven tray (see notes) and roast for 15 minutes or until vegetables are golden and chicken is cooked through.



5. FINISH AND SERVE

Divide couscous, roasted vegetables and chicken among shallow bowls. Spoon over any roasting juices.



3. COOK THE COUSCOUS

Add **couscous** to boiling water and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water. Remove saucepan from heat.

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