



### 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.



30 minutes



4/6 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
4/6 Person:	34g	12g	58g

## FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	1
YELLOW CAPSICUM	1	2
ZUCCHINI	1	2
LEMON	1	1
GARLIC CLOVES	2	2
CHICKEN SCHNITZELS	600g	600g + 300g
PEARL COUSCOUS	300g	300g + 150g
PARSLEY	1 packet	2 packets

## 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 (for 6P - use 900ml 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 **red onion**, slice **capsicum** and **zucchini**. Toss on a lined oven tray with **lemon zest**, **oil**, **1 tbsp smoked paprika**, **salt and pepper**.

**6P - use 1 1/2 tbsp smoked paprika.**



### 2. ADD THE CHICKEN

Coat **chicken** with **oil**, **1 crushed garlic clove**, **2 tsp dried 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.

**6P - use 3 tsp dried oregano.**



### 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.



### 4. TOSS THE COUSCOUS

Return **couscous** to saucepan. Add **1 crushed garlic clove**, **lemon juice** and finely chopped **parsley**. Mix to combine and season with **salt and pepper**.



### 5. FINISH AND SERVE

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

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

