



Product Spotlight: Lemon


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





Grilled Chicken Schnitzels

with Pesto Pearl Couscous

A colourful pearl couscous medley with tomatoes, cucumber and capsicum tossed with cheesy basil pesto and served with grilled chicken schnitzels.

 20 minutes

 4 servings

 Chicken

Shred the chicken!

You can shred or finely slice the chicken and toss it together with the pearl couscous to make a chicken salad!

This dish will also keep well overnight and is delicious served cold for lunch the next day.

Per serve: **PROTEIN** 44g **TOTAL FAT** 18g **CARBOHYDRATES** 77g

FROM YOUR BOX

| | |
|--------------------|-------|
| PEARL COUSCOUS | 300g |
| CHICKEN SCHNITZELS | 600g |
| LEMON | 1 |
| YELLOW CAPSICUM | 1 |
| TOMATOES | 2 |
| LEBANESE CUCUMBER | 1 |
| GREEN PESTO | 1 jar |

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

KEY UTENSILS

large frypan, saucepan

NOTES

You can coat the chicken with fresh chopped rosemary or thyme if you have some.

No gluten option – pearl couscous is replaced with gluten-free pasta. Cook pasta in boiling water according to packet instructions or until al dente. Drain and rinse in cold water.



1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add pearl couscous and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with oil. Coat chicken with lemon zest, **2 tsp dried Italian herbs, salt and pepper** (see notes). Add to pan and cook for 4–5 minutes each side or until cooked through.



3. PREPARE THE SALAD

Dice capsicum, tomatoes and cucumber. Add to a large salad bowl.



4. TOSS THE COUSCOUS

Toss cooked pearl couscous with salad, pesto and juice from 1/2 lemon (wedge remaining) until well combined. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Slice chicken and divide among plates with pesto couscous. Serve with lemon wedges.



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