



### 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	TOTAL FAT	CARBOHYDRATES
	44g	18g	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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