



### Product Spotlight: Lemon

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



## Spanish Chicken and Rice

Chicken schnitzels cooked until golden, served with a paella style rice with green beans and capsicum. All finished with a drizzle of lemon aioli and sprinkle of sliced chives.



25 minutes



4/6 servings



Chicken

## Add extra veggies!

*This dish is great for adding extra veggies! You can add corn or peas from the freezer to the rice! Sliced mushrooms also work well.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	52g	24g/31g	64g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
LEMON	1	2
AIOLI	100g	2 x 100g
CHICKEN SCHNITZELS	600g	600g + 300g
GREEN BEANS	150g	250g
RED CAPSICUM	1	2
TOMATOES	2	3
CHIVES	1 bunch	1 bunch

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground turmeric

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use the rice tub to measure the water for cooking in step 1. Simply fill 1 1/2 x tub of water to get the amount needed.



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### 1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water** (see notes). Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P - cover rice with 900ml water.



### 2. PREPARE THE AIOLI

Zest **lemon** and set **zest** aside for step 3.

Combine **aioli** with **juice from 1/2 lemon** (wedge remaining).

6P - zest 1 lemon and set aside. Mix aioli with juice from 1 lemon. Cut remaining lemon into wedges for serving.



### 3. COOK THE CHICKEN

Coat **chicken** with **lemon zest**, **1 tsp smoked paprika**, **oil**, **salt** and **pepper**. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through. Set aside and keep warm.

6P - use 2 tsp smoked paprika.



### 4. SAUTÉ THE VEGETABLES

Wipe out pan and add **2 tbsp olive oil**. Trim and halve **beans**. Slice **capsicum** and dice **tomatoes**. Add to pan as you go along with **2 tsp turmeric** and **1 tbsp smoked paprika**. Cook for 5 minutes.

6P - use 3 tsp turmeric and 1-1/2 tbsp smoked paprika.



### 5. TOSS THE RICE

Slice **chives**. Add **1/2 chives** to pan and toss with **cooked rice** until well combined. Season to taste with **salt** and **pepper**.



### 6. FINISH AND SERVE

Divide **rice** and **chicken** among plates. Finish with **aioli** drizzle, a **sprinkle of chives** and serve with a **lemon wedge**.

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