



### Product Spotlight: Garlic

To make peeling garlic cloves easier, place them on a cutting board, press down on them gently with the flat side of a knife, and then the skin should come off more easily.



## Garlic Butter Chicken with Potatoes

Juicy chicken schnitzels pan-fried with garlic butter, served alongside golden thyme roasted potatoes and a colourful bean salad.



35 minutes



Chicken



4/6 servings

### Jazz it up!

*Crumb the chicken before pan-frying for a crispy finish. Stir grated parmesan into the potatoes or sprinkle over the salad before serving.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	20g	64g/56g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTER	3 packets	4 packets
BABY BLUE POTATOES	1kg	1.2kg
THYME	1 packet	1 packet
GARLIC CLOVE	1	1
LEMON	1	2
GREEN BEANS	150g	2 x 150g
CHERRY TOMATOES	2 x 200g	2 x 200g
YELLOW CAPSICUM	1	2
CHICKEN SCHNITZELS	600g	600g + 300g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil

## KEY UTENSILS

large frypan, oven tray

## NOTES

You can add fresh chopped rosemary, lemon pepper, dried oregano chilli flakes to flavour the butter.



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## 1. ROAST THE POTATOES

Preheat oven to 220°C. Take **butter** out to soften slightly.

Halve **baby potatoes** and toss on a lined tray with **1 tbsp thyme leaves, oil, salt and pepper**. Roast for 25–30 minutes until golden and crisp.



## 4. PREPARE THE SALAD

In a large salad bowl, whisk together **1/2 lemon juice** (wedge remaining), **2 tbsp olive oil, salt and pepper**. Halve **tomatoes** and slice **capsicum**. Add to bowl with **dressing** along with **blanched beans**.

6P- whisk together juice from 1 lemon (wedge remaining lemon) with 3 tbsp olive oil, salt and pepper.



## 2. PREPARE THE BUTTER

Combine **softened butter** with crushed **garlic clove, 1/2 lemon zest** in a bowl (see notes). Set aside.



## 5. COOK THE CHICKEN

Coat **chicken** with **1/2 tbsp thyme leaves, oil, salt and pepper**. Heat frypan over medium–high and cook **chicken** for 3–4 minutes each side. Increase heat to high and add **garlic butter**. When **butter** is browned (1 minute), remove from heat.

6P- use 3 tsp thyme leaves, Cook chicken in batches if needed.



## 3. BLANCH THE BEANS

Fill a frypan with water and bring to a simmer. Trim and halve **beans**. Add to simmering water for 2–3 minutes until tender. Drain and rinse with cold water. Set aside.



## 6. FINISH AND SERVE

Serve **chicken** and **butter sauce** with a side of **potatoes, bean salad and lemon wedges**.

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