



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsnips

Just one cup of parsnips provides around a quarter of your daily vitamin C and K and folate needs! On top of that, they're rich in gut-friendly fibre.



1 Chicken and Roasted Vegetables with Basil Aioli Sauce

Pan-fried chicken served with roasted potatoes and parsnips, a simple green salad, and a homemade basil-aioli sauce.

 30 minutes

 2 servings

 Chicken

25 June 2021

Keep it fresh

If preferred, keep the capsicum fresh and add to the salad in step 3.

FROM YOUR BOX

BABY POTATOES	400g
PARSNIP	1
RED CAPSICUM	1/2 *
SPRING ONIONS	2
GARLIC AIOLI	100g
LEMON	1
BASIL	1/2 packet *
LEBANESE CUCUMBER	1
COS LETTUCE	1
CHICKEN SCHNITZELS	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan, oven tray, stick mixer (see notes)

NOTES

If you don't have a stick mixer or food processor, make the dressing by finely chopping basil before whisking together with lemon juice and aioli.

For extra flavour, add a pinch of lemon zest onto the chicken fillets before frying.



1. COOK THE POTATOES

Wedge potatoes and parsnip, roughly chop capsicum and slice spring onions. Toss on a lined oven tray with **1/2 tsp thyme, oil, salt and pepper**. Bake for 20-25 minutes until golden.



2. MAKE THE SAUCE

Place aioli, juice from 1/2 lemon, **1 tbsp water** and basil leaves into a jug. Blend with a stick mixer. Season with **salt and pepper**.



3. TOSS THE SALAD

Slice the cucumber and toss with roughly chopped lettuce leaves, **1 tsp olive oil, salt and pepper**.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat. Toss chicken with **oil, salt, 1/2 tsp thyme and pepper** (see notes). Add to pan and cook for 3-4 minutes each side or until cooked through.



5. FINISH AND PLATE

Wedge remaining lemon.

Serve roasted vegetables on plates with salad, chicken, a lemon wedge and sauce.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

