



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Broccolini

Broccolini is often misidentified as young broccoli. It is a natural cross between broccoli and Gai lan.



Crumbed Chicken Schnitzels with Herb Butter

Herb and garlic crumbed chicken cooked until golden; served with oven roasted baby vegetables, broccolini and parsley butter.

Mix it up!

Instead of a butter sauce, combine the chopped parsley with garlic and mayonnaise to make a herb aioli, or with olive oil, vinegar and capers to make a vinaigrette!



35 minutes



4/6 servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	45g	12g	46g/50g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.5kg
DUTCH CARROTS	1 bunch	1 bunch
CHERRY TOMATOES	200g	2 x 200g
CHICKEN SCHNITZELS	600g	600g + 300g
LEMON	1	1
LUPIN CRUMBS	80g	80g + 40g
BROCCOLINI	1 bunch	2 bunches
PARSLEY	1 packet	2 packet
GARLIC CLOVE	1	2

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, large frypan with lid

NOTES

Finely dice butter to help it soften. You can also place the butter close to the oven or stove top for warmth. Mix garlic and parsley with olive oil instead if you prefer.

You can add some chilli flakes, dried oregano, dried tarragon or chopped rosemary to the butter for a different flavour!



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1. PREPARE THE VEGETABLES

Set oven to 220°C. Take **60g butter** out of the fridge to soften (see notes).

Halve **potatoes**, trim and scrub **carrots**. Toss all together on a lined oven tray with **tomatoes**, **2-3 tsp dried thyme**, **oil**, **salt** and **pepper**. Roast for 30 minutes or until cooked through.

6P – take **90g butter** out of the fridge to soften (see notes).



4. PREPARE THE BUTTER

Finely chop **parsley**. Combine **1 tbsp parsley** with **crushed garlic clove**, **softened butter** and **salt** until well combined (see notes).

6P – combine **1 1/2 tbsp parsley** with **crushed garlic**, **softened butter** and **salt** to taste until well combined (see notes).



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat **chicken** with **lemon zest** (wedge remaining), **oil**, **salt** and **pepper**. Press into crumb until coated on both sides, place into pan as you go. Cook (in batches if needed) for 4-5 minutes each side until cooked through.



5. FINISH AND SERVE

Divide **vegetables** and **chicken** among plates. Add **butter** on top to melt. Serve with **lemon wedges** and garnish with **remaining chopped parsley**.



3. COOK THE BROCCOLINI

Remove **chicken** to a plate and wipe out pan. Trim and add **broccolini** along with **1/4 cup water**. Cover and cook for 3-4 minutes until tender, dress with **olive oil**.

6P – trim and add **broccolini** along with **1/3 cup water**.

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