



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



Chicken



4/6 servings

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
4/6 Person:	42g/43g	30g/36g	82g/84g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL COUSCOUS	300g	300g + 150g
CHICKEN SCHNITZELS	600g	600g + 300g
LEMON	1	2
YELLOW CAPSICUM	1	1
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
GREEN PESTO	1 jar	2 jars

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.

6P – coat chicken with zest from 1 1/2 lemon and 3 tsp dried Italian herbs.



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.

6P – add juice from 1 lemon (wedge remaining lemon) and 1 1/2 jars pesto (left over pesto can be refrigerated or frozen to use another time).



5. FINISH AND SERVE

Slice **chicken** and divide among plates with **pesto couscous**. Serve with **lemon wedges**.



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