





# Product Spotlight:

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.



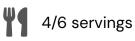
# **Grilled Chicken Schnitzels**

# 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.







# 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**.

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



