



Product Spotlight: Orange

When zesting lemons, limes, or oranges remove the brightly coloured flesh of the peel only; avoid the white part, or pith, directly underneath the peel as this is quite bitter.



Fennel Chicken

with Roasted Orange Parsnip Salad

Chicken schnitzels cooked with fennel seeds and served with a roasted vegetable salad of fennel, Dutch carrots and parsnips tossed in a fresh orange dressing.



35 minutes



2 servings



Chicken

Refresh!

Not feeling roast vegetables? Too easy! Thinly slice fennel, ribbon Dutch carrots and toss with orange dressing and rocket leaves. Add avocado, cherry tomatoes, cucumber and ribbon a zucchini if desired. Serve with croutons or crusty bread for carbs.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	20g	34g

FROM YOUR BOX

PARSNIP	1
FENNEL	1 bulb
DUTCH CARROTS	1 bunch
ORANGE	1
CHICKEN SCHNITZELS	300g
ROCKET LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, fennel seeds, vinegar (of choice)

KEY UTENSILS

large frypan, oven tray

NOTES

Lemon pepper can be substituted with lemon zest, Italian herbs or dried or fresh rosemary, thyme and oregano.

See product spotlight on cover for tips on zesting citrus fruits.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **parsnip** in angular pieces. Wedge **fennel**. Trim and scrub **carrots**. Toss on a lined oven tray with **oil**, **salt** and **2 tsp lemon pepper** (see notes). Roast for 20–25 minutes until vegetables are tender.



4. TOSS THE VEGETABLES

Add **roasted vegetables** and **rocket** to bowl with **dressing**. Toss to combine.



2. MAKE ORANGE DRESSING

Zest and juice **orange** (see notes). Whisk with **1 tbsp vinegar** and **2 tbsp olive oil** in a large bowl.



5. FINISH AND SERVE

Divide tossed **vegetables** among plates along with **chicken schnitzels**.



3. COOK THE CHICKEN

Heat a large frypan over medium-high heat. Coat **chicken** with **oil**, **1 tsp fennel**, **salt** and **pepper**. Add to pan and cook for 4–5 minutes each side until cooked through.



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