



Product Spotlight: Garlic

To make peeling garlic cloves easier, place them on a cutting board, press down on them gently with the flat side of a knife, and then the skin should come off more easily.



Herby Chicken

with Ribboned Zucchini and Garlic Yoghurt

Chicken schnitzels crumbed and baked in herby lupin crumbs, served over a garlic yoghurt with a surprisingly delectable warm ribboned zucchini and chickpea salad.



30 minutes



2 servings



Chicken

Spice it up!

Add finely grated parmesan, almond meal or blended nuts to the crumb on your chicken for extra flavour!

Per serve: **PROTEIN** 52g **TOTAL FAT** 18g **CARBOHYDRATES** 62g

FROM YOUR BOX

CHICKEN SCHNITZELS	300g
HERB & GARLIC LUPIN CRUMB	1 packet
ZUCCHINI	1
SPRING ONIONS	1 bunch
GARLIC CLOVE	1
TINNED CHICKPEAS	400g
LEMON	1
NATURAL YOGHURT	1 tub
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



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1. CRUMB & BAKE THE CHICKEN

Set oven to 220°C.

Coat **chicken** in **oil, salt and pepper**. Place on a lined oven tray and press **crumb** into chicken. Bake for 10-15 minutes until cooked through.



4. MAKE THE GARLIC YOGHURT

Add remaining garlic and lemon zest to a bowl with **yoghurt** and **1 tbsp water**. Season with **salt and pepper**. Mix to combine.



2. PREPARE THE VEGETABLES

Ribbon **zucchini**, slice **spring onions** and crush **garlic**. Drain and rinse **chickpeas**.

Zest **lemon** and wedge half. Set aside.



5. FINISH AND SERVE

Roughly chop or tear **basil leaves**.

Spoon garlic yoghurt onto base of plates. Top with vegetables and chicken. Garnish with basil leaves and serve with lemon wedges.



3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add spring onions, 1/2 crushed garlic and chickpeas to pan. Cook for 3 minutes. Add zucchini. Squeeze in juice from 1/2 lemon. Season to taste with **salt and pepper**. Remove from heat.

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**

