



**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 TOTAL FAT CARBOHYDRATES
42g 26g 28g

FROM YOUR BOX

CHICKEN SCHNITZELS	300g
HERB & GARLIC LUPIN CRUMB	1 packet
ZUCCHINI	1
SPRING ONIONS	1 bunch
GARLIC CLOVE	2
TINNED CHICKPEAS	400g
LEMON	1
NATURAL YOGHURT	2 tubs
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.

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.

2. PREPARE THE VEGETABLES

Ribbon **zucchini** and slice **spring onions**.

Drain and rinse **chickpeas**.

Zest **lemon** and **wedge half** (reserve remaining for step 3). Set aside.

3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add **spring onions, 1 crushed garlic clove** 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.



4. MAKE THE GARLIC YOGHURT

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

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**.



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