



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.

Spice it up!

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



30 minutes



2 servings



Chicken

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.



Scan the QR code to
submit a Google review!



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 **1 crushed garlic clove** 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** 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.



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**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

