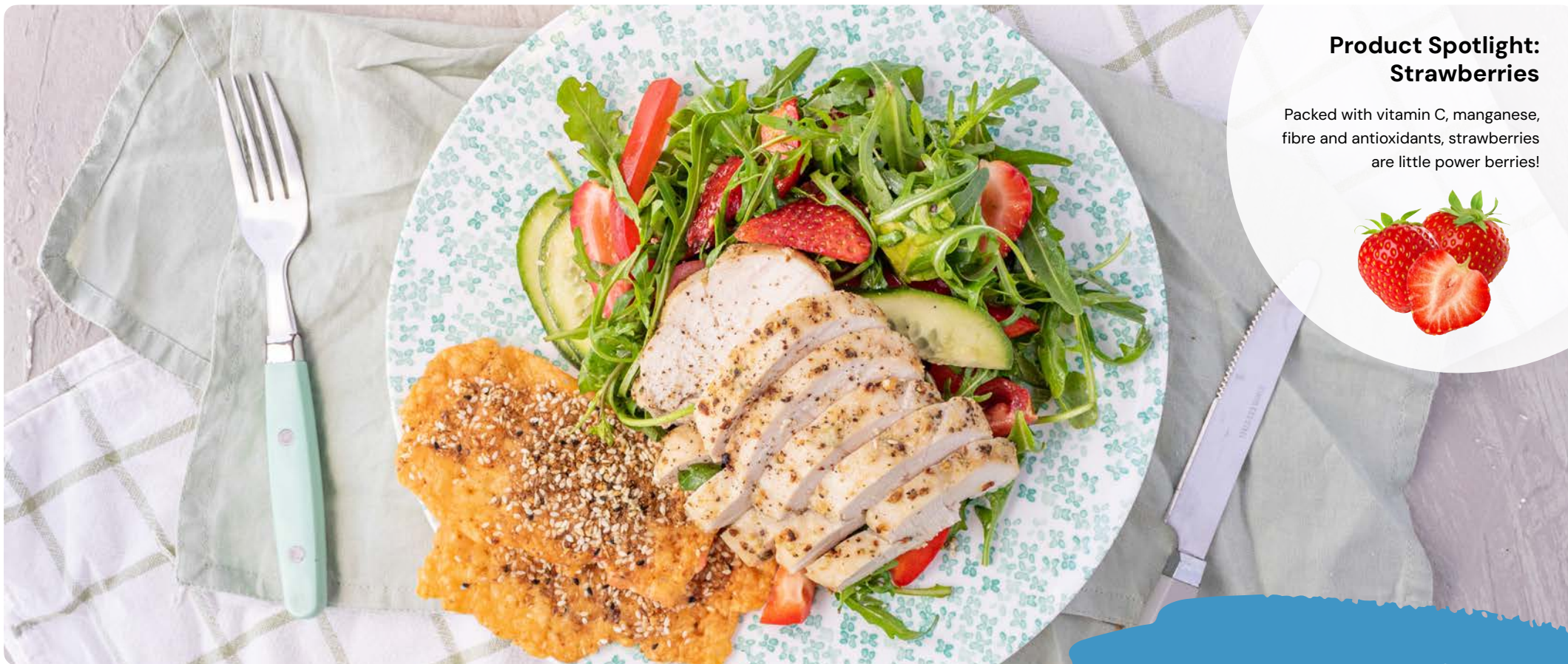




Product Spotlight: Strawberries

Packed with vitamin C, manganese, fibre and antioxidants, strawberries are little power berries!



Chicken Strawberry Salad

with Parmesan Crisps

Roasted chicken breast served with dukkah-spiced parmesan crisps and a fresh salad.

Switch it up!

Instead of making crisps, use your dukkah to coat the chicken breast before roasting, then toss the parmesan through the salad.



35 minutes



4/6 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	18g	15g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN BREAST FILLETS	600g	600g + 300g
SHAVED PARMESAN	1 packet	2 packets
DUKKAH	1 packet	2 packets
STRAWBERRIES	1 punnet	2 punnets
CHERRY TOMATOES	200g	2 x 200g
LEBANESE CUCUMBER	1	2
RED CAPSICUM	1	2
ROCKET LEAVES	1 bag	2 bags

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, balsamic vinegar

KEY UTENSILS

2 oven trays

NOTES

If you don't have lemon pepper you can use sumac, lemon zest, ground coriander or dried oregano.

If you're looking to bulk up this dish you could serve with some cooked pearl couscous or sorghum. This dish would also work well with roasted veggies.



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1. ROAST THE CHICKEN

Set oven to 220°C.

Place **chicken** on a lined oven tray and slash in 3-4 places. Coat with **oil**, **2-3 tsp lemon pepper and salt**. Roast for 25-30 minutes or until cooked through.



2. MAKE PARMESAN CRISPS

Make clumps of **parmesan** on a second lined oven tray. Sprinkle with **dukkah**. Bake for 8-10 minutes or until light golden. Set aside to crisp.

6P – make parmesan crisps in batches.



3. MAKE THE DRESSING

In a large bowl whisk together **3 tbsp olive oil**, **2 tbsp vinegar**, salt and pepper.

6P – use **4 tbsp olive oil** and **3 tbsp vinegar**.



4. MAKE THE SALAD

Halve or quarter **strawberries** and **tomatoes**. Thinly slice **cucumber** and **capsicum**. Add to bowl with dressing along with **rocket leaves**. Toss until well coated.



5. FINISH AND PLATE

Slice **chicken**. Divide among plates along with **salad** and **parmesan crisps**.

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