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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Strawberries

Strawberries are naturally rich in vitamin C, making them a sweet little boost as well as a delicious one. They also belong to the rose family, alongside apples, pears and raspberries.

Chicken Strawberry Salad

with Parmesan Crisps

Roasted chicken with sweet strawberries, cucumber and fresh salad, topped with crunchy dukkah-spiced parmesan crisps.

35 minutes | 4/6 servings | Chicken

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	19g	15g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN BREAST FILLETS	600g	600g + 300g
SHAVED PARMESAN	1 packet	2 packets
DUKKAH	20g	2 x 20g
STRAWBERRIES	1 punnet	2 punnets
CHERRY TOMATOES	200g	2 x 200g
LEBANESE CUCUMBER	1	2
RED CAPSICUM	1	2
ROCKET LEAVES	120g	120g

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, toss some cooked pearl couscous, barley or quinoa through the salad, or add some roasted vegetables on the side.

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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.**



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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