



Product Spotlight: Dukkah

Dukkah is traditionally an Egyptian condiment of herbs, nuts, and spices.



Dukkah Parmesan Crisps

with Chicken and Stone Fruit Salad

Dukkah baked parmesan crisps served with lemon pepper chicken schnitzels and a fresh salad of stone fruit and rocket leaves with balsamic dressing.



25 minutes



4 servings



Chicken

Switch it up!

Instead of making crisps, use your dukkah to sprinkle over the chicken, then toss the parmesan through the salad.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	23g	34g

FROM YOUR BOX

PARMESAN CHEESE	1 packet
DUKKAH	10g
CHICKEN SCHNITZELS	600g
TINNED LENTILS	400g
STONE FRUITS	2
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, lemon pepper (see notes), balsamic vinegar

KEY UTENSILS

frypan, oven tray

NOTES

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

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



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1. MAKE THE PARMESAN CRISPS

Set oven to 200°C.

Make clumps of parmesan on a lined oven tray. Sprinkle with dukkah. Bake for 6–8 minutes or until light golden. Set aside to crisp.



4. MAKE THE SALAD

Slice stone fruits and cucumber. Halve or quarter tomatoes. Add to dressing bowl with rocket leaves. Toss until well coated.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat schnitzels in oil, 2 tsp lemon pepper and salt. Add to pan and cook for 4–5 minutes each side until schnitzels are cooked through.



5. FINISH AND SERVE

Slice chicken. Divide among plates with salad and parmesan crisps (see notes).



3. MAKE THE DRESSING

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

Drain and rinse lentils. Add to dressing bowl to marinate.

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