



**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



4/6 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
	43g	27g	29g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN SCHNITZELS	600g	600g + 300g
HERB & GARLIC LUPIN CRUMB	40g	40g + 20g
ZUCCHINIS	2	2
SPRING ONIONS	1 bunch	2 bunches
TINNED CHICKPEAS	2 x 400g	2 x 400g
GARLIC CLOVES	2	3
LEMON	1	2
NATURAL YOGHURT	2 tubs	3 tubs
BASIL	1 packet	2 packets

## 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.



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### 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.

**6P - Zest and wedge 1 whole lemon.**



### 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.

**6P - Squeeze in juice from 1 lemon.**



### 4. MAKE THE GARLIC YOGHURT

Add **1 crushed garlic clove** and reserved **lemon zest** to a bowl along with **yoghurt** and **2 tbsp water**. Season with **salt and pepper**. Mix to combine.

**6P - Use 2 cloves of garlic.**

### 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**

