



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.



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.



2. PREPARE THE VEGETABLES

Ribbon **zucchini**s 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**s. Squeeze in **juice from 1/2 lemon**. Season to taste with **salt and pepper**. Remove from heat.

6P - Squeeze in juice from 1 lemon.



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**

