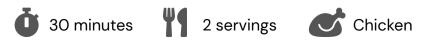


Product Spotlight: Quinoa Flakes

This is simple quinoa that has been steam-rolled into flakes. Great used in muesli, pancakes or bakes goods alternatively as a nutritious glutenfree alternative to breadcrumbs.

2 Quinoa Crusted Schnitzels with Dill Potatoes

A combination of cubed potatoes and carrots tossed together with fresh celery and apple make this delicious potato salad, served alongside golden crumbed chicken.



Spice it up!

Add a flavour to your chicken with some cayenne pepper for a kick, smoked paprika for some depth or dried tarragon for a herbaceous finish!

FROM YOUR BOX

BABY POTATOES	400g
CARROT	1
PEPPERCORNS	1 tbsp *
DILL	1 packet
NATURAL YOGHURT	1/3 cup *
CELERY STICK	1
RED APPLE	1
CHICKEN SCHNITZELS	300g
QUINOA FLAKES	1 packet (30g)
GEM LETTUCE	1
LEMON	1/2 *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, dijon mustard, salt and pepper

KEY UTENSILS

frypan, saucepan

NOTES

The peppercorns have a lovely heat, however if you're a little sensitive to heat we suggest trying one first before mixing them through the sauce.



1. COOK THE VEGETABLES

Quarter potatoes and cut carrot into 1 cm thick crescents. Place in a saucepan and cover with water. Bring to the boil and cook for 10-15 minutes, or until tender. Drain and leave to cool.



2. PREPARE THE DRESSING

Rinse peppercorns (see notes) and chop dill fronds. Combine with yoghurt and **2 tsp mustard** in a large salad bowl.



3. TOSS SALAD

Dice celery and apple. Add to salad bowl. Add potatoes and carrots. Toss all together with dressing until combined. Season with **salt**.



4. PREPARE THE CHICKEN

Coat chicken with 1/2 tsp mustard, oil, salt and pepper. Roll in quinoa flakes to coat.



5. COOK CHICKEN

Heat a frypan with **oil** over medium heat. Cook chicken for 4–5 minutes on each side, or until golden and cooked through.



6. FINISH AND PLATE

Trim gem lettuce and separate the leaves. Divide between plates and top with potato salad. Serve with chicken schnitzels and 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 **0481 072 599** or send an email to hello@dinnertwist.com.au

