



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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 gluten-free 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.



30 minutes



4 servings



Chicken

6 July 2020

### 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!

Per serve: **PROTEIN** 45g **TOTAL FAT** 11g **CARBOHYDRATES** 79g

## FROM YOUR BOX

BABY POTATOES	800g
CARROTS	2
PEPPERCORNS	1/2 jar *
DILL	1 packet
NATURAL YOGHURT	1/2 cup *
CELERY STICKS	2
RED APPLE	1
CHICKEN SCHNITZELS	600g
QUINOA FLAKES	1 packet (60g)
BABY SPINACH	1/2 bag (100g) *
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 carrots 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 **1 tbsp 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 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

Divide spinach among plates. 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](mailto:hello@dinnertwist.com.au)

