



### Product Spotlight: Lemon

When zesting lemons, limes, or oranges, you want to make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel; this is quite bitter.



## Shawarma Chicken Schnitzels

### with Herb Couscous

Chicken schnitzels spiced with a blend of Middle Eastern flavours, cooked on the grill with vegetables and served on a bed of pearl couscous, finished with garlic yoghurt and lemon herbs.



30 minutes



4 servings



Chicken

## Switch it up!

*Cut the chicken into large strips and thread onto skewers with diced vegetables to make kebabs for the BBQ!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	6g	88g

## FROM YOUR BOX

PEARL COUSCOUS	300g
ZUCCHINIS	2
RED CAPSICUM	1
CHICKEN SCHNITZELS	600g
SHAWARMA SPICE MIX	1 packet
DILL	1 packet
MINT	1 packet
LEMON	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric

## KEY UTENSILS

saucepan, griddle pan or BBQ

## NOTES

Cook vegetables in batches if needed.

**No gluten option – pearl couscous is replaced with quinoa.** Place quinoa and 1 tsp turmeric in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain the quinoa for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.

*Shawarma spice mix: ground cinnamon, cardamom, coriander, turmeric, sumac, smoked paprika, cumin.*



### 1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and **1 tsp turmeric**. Cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



### 2. COOK THE VEGETABLES

Heat a griddle pan or BBQ over medium-high heat. Thickly slice **zucchini**s and **capsicum**. Toss with **oil, salt and pepper**. Add to pan and cook for 2–3 minutes each side until tender (see notes). Set aside.



### 3. COOK THE CHICKEN

Coat chicken with **shawarma spice mix, oil, salt and pepper**. Add to griddle pan or BBQ and cook for 3–5 minutes each side or until cooked through.



### 4. PREPARE THE HERB MIX

Meanwhile, chop **dill** and **mint leaves**. Combine with zest and juice from **1/2 lemon** (wedge remaining), and **3 tbsp olive oil**.



### 5. PREPARE THE YOGHURT

Combine crushed **garlic clove** with **yoghurt** and **1 tbsp water**. Season with **salt and pepper**.



### 6. FINISH AND SERVE

To assemble, spread a dollop of yoghurt on each plate. Top with couscous, vegetables and chicken (slice if preferred). Finish with spoonfuls of herb mix 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

