



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



4/6 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
4/6 Person:	41g	18g	79g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL COUSCOUS	300g	300g + 150g
ZUCCHINIS	2	2
RED CAPSICUM	1	2
CHICKEN SCHNITZELS	600g	600g + 300g
SHAWARMA SPICE MIX	1 packet	2 packet
DILL	1 packet	2 packets
MINT	1 packet	1 packet
LEMON	1	2
GARLIC CLOVE	1	1
NATURAL YOGHURT	1 tub	2 tubs

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 **1–2 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**.

6P – chop dill and mint leaves. Combine with zest and juice from 1 lemon and 1/3 cup 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**.

6P – cut remaining lemon into wedges for squeezing.

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