

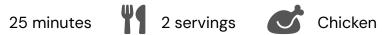




Chicken Schnitzels

with Gorgeous Greens





Tender Chicken schnitzels served with a vibrant salad of broccoli, cooling cucumber, fresh mint, and a hint of red chilli, all tied together with your choice of a simple, homemade dressing.

FROM YOUR BOX

BROCCOLI	1
LEBANESE CUCUMBER	1
RED CHILLI	1
MINT	1 packet
CHICKEN SCHNITZELS	300g

FROM YOUR PANTRY

oil for cooking, salt and pepper, olive oil, vinegar of choice

NOTES

To make a soy-sesame dressing: Whisk together 1 tbsp soy sauce, 1/2 tbsp sesame oil, 1/2 tbsp rice wine vinegar and 1 tsp honey. Add some grated ginger for an Asian inspired flavour.

For a tahini-lemon dressing: Combine 1/2 tbsp tahini, 1/2 tbsp lemon juice, 1 tbsp water, salt and pepper to taste.

1. BLANCH THE BROCCOLI

Bring a saucepan of water to a boil. Cut **broccoli** into small florets. Add to boiling water and cook for 2–3 minutes until bright green and tender. Drain and rinse under cold water to stop cooking.



You can steam or roast the broccoli instead if preferred.

2. PREPARE THE SALAD

Slice cucumber. Finely slice red chilli and roughly chop mint leaves.



You can add sliced avocado, capsicum or mesclun leaves to bulk up the salad.

3. COOK THE CHICKEN

Heat a frypan or BBQ over medium-high heat. Coat **chicken** with seasoning of choice (see tip), **oil**, **salt and pepper**. Cook for 4–5 minutes each side or until cooked through.



We used 1 tsp pre made cajun seasoning to flavour the chicken. You could use a pre made marinade, dried herb or soy sauce to customise the flavour.

4. FINISH AND SERVE

Whisk together **2 tbsp vinegar**, **2 tbsp olive oil**, **salt and pepper** in a large salad bowl (see tip). Add cooked broccoli and prepared salad ingredients. Toss until combined. Serve alongside chicken schnitzels.



We used red wine vinegar. You can also use lemon or lime juice. For added crunch, lightly toast some slivered almonds or pumpkin seeds to sprinkle over the salad.

This recipe has simplified instructions to help lower your meal cost.