



Chicken Schnitzels

with Gorgeous Greens

Tender Chicken schnitzels served alongside 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.



25 minutes



4 servings



Chicken

FROM YOUR BOX

BROCCOLI	1
LEBANESE CUCUMBERS	2
RED CHILLI	1
MINT	1 packet
CHICKEN SCHNITZELS	600g

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.

TIP *You can steam or roast the broccoli instead if preferred.*

2. PREPARE THE SALAD

Slice **cucumbers**. Finely slice **red chilli** and roughly chop **mint** leaves.

TIP *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.

TIP *We used 1/2 tbsp 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.

TIP *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.