



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Milanese

Crispy lemon and herb crusted schnitzels served with a fresh rocket, cucumber and tomato salad, drizzled in zesty dressing.



25 minutes



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
ROCKET LEAVES	120g	120g + 60g
LEMON	1	2
CHICKEN SCHNITZELS	600g	600g + 300g
PANKO CRUMBS	80g	80g + 40g

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

For a more filling meal you can add some roast potatoes, sweet potato or pumpkin on the side.

No gluten option – panko crumbs are replaced with GF breadcrumbs.

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1. PREPARE THE SALAD

Wedge **tomatoes** and slice **cucumber**. Toss together with **rocket leaves**.

TIP *You can add sliced radishes, capsicum or chopped fresh herbs to the salad. Add some shaved parmesan cheese for a salty finish.*

2. COOK THE CHICKEN

Zest the **lemon**. Coat **chicken schnitzels** with **zest, oil, salt and pepper** (see tip). Press into **panko crumbs** until coated on all sides. Heat a large frypan over medium-high heat and cover base with **oil**. Cook **chicken** for 3–4 minutes each side until crispy and cooked through.

TIP *You can also add a dried herb of choice for added flavour. We used 1 tsp dried Italian herbs.*

3. DRESS THE SALAD

Whisk **1/2 lemon juice** (wedge remaining) with **2 tbsp olive oil, salt and pepper**. Toss with **salad** until coated.

6P – whisk juice from 1 lemon (wedge remaining lemon) with 3 tbsp olive oil, salt and pepper.

4. FINISH AND SERVE

Serve **crispy chicken** with **salad** and **lemon wedges**.

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