V2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Schnitzels

And Chips

Tender chicken schnitzels flavoured your way! Served with golden potato chips and a fresh salad of sprouts, tomato and cucumber.

30 minutes | 2 servings | Chicken

FROM YOUR BOX

MEDIUM POTATOES	3
CHICKEN SCHNITZELS	300g
TOMATO	1
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can serve the chicken and salad in a toasted roll for a more filling meal! Serve with a mayonnaise or relish of choice.

Save any extra salad to serve on top of toast or as a fresh topping for a bowl.

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1. ROAST THE CHIPS

Set oven to 220°C. Cut **potatoes** into chips and toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 20-25 minutes until golden and cooked through.

TIP *You can cook the chips in the air fryer if you have one! The potatoes can be turned into mash if preferred. Add some sweet potato or pumpkin for a more filling meal. Add some ground paprika or dried rosemary to flavour the chips!*

2. COOK THE CHICKEN

Coat **chicken** in **seasoning of choice** (see tip). Heat a frypan over medium-high heat with **oil**. Cook **chicken** for 3-5 minutes each side or until cooked through.

TIP *The chicken can be crumbed with panko or breadcrumbs if you have some. You can use a pre made marinade or spice mix, dried or fresh chopped herbs for flavour. Lemon zest or crushed garlic can also be used! We used 1 tbsp pre made lemon seasoning.*

3. PREPARE THE SALAD

Slice **tomato** and **cucumber**. Set aside with **alfalfa sprouts** (use to taste).

TIP *You can dress the salad with a squeeze of lemon juice if preferred! Add some sliced capsicum, grated carrot or fresh lettuce leaves if you want more salad.*

4. FINISH AND SERVE

Serve **chicken schnitzels** with **salad** and **chips**.

TIP *Serve the chips with dipping sauce of choice and chicken with lemon wedges or condiment of choice.*

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