



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




## Product Spotlight: Oregano


Greek mythology says oregano was created by the goddess Aphrodite. It is high in antioxidants due to a high content of phenolic acids & flavonoids.



# 1 Oregano Schnitzels with Roasted Potatoes

Chicken schnitzels cooked with fresh oregano, served with roasted potatoes and a Mediterranean cannellini bean salad

 30 mins

 2 servings

 Chicken

2 July 2021

## Crumb it!

*Coat your schnitzels in oil then toss in a flour of your choice or any kind of crumbs, cook as per instructions to add an extra layer of crunch to your schnitzels.*

Per serve: **PROTEIN** 35g **TOTAL FAT** 4g **CARBOHYDRATES** 51g

## FROM YOUR BOX

POTATOES	400g
CHERRY TOMATOES	1/2 bag (100g) *
CANNELLINI BEANS	400g
OREGANO	1 packet
MESCLUN LEAVES	1/2 bag (60g) *
BABY CAPERS	100g
CHICKEN SCHNITZELS	300g
BALSAMIC GLAZE	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, dried dill (or thyme)

## KEY UTENSILS

large frypan, oven tray

## NOTES

We recommend using oil and butter to help prevent the butter from burning.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice the potatoes. Toss potatoes on a lined oven tray with **oil, 1 tsp dill, salt and pepper**. Roast for 15–20 minutes until golden brown.



### 2. PREPARE THE SALAD

Halve the cherry tomatoes, drain and rinse cannellini beans, add to a large bowl with half the oregano and mesclun leaves.



### 3. CRISP THE CAPERS

Heat a large frypan over medium–high heat with **oil**. Drain the capers and add to the pan and cook for 3–5 minutes until crispy. Remove to a small bowl.



### 4. COOK THE SCHNITZELS

Coat the schnitzels in **oil**, remainder of the oregano, **salt and pepper**. Reheat frypan over medium–high heat with **oil and butter** (see notes). Cook schnitzels for 4–5 minutes each side or until schnitzels are cooked through.



### 5. FINISH AND PLATE

Toss the salad in the balsamic dressing. Divide evenly among plates with roasted potatoes and schnitzels, sprinkle over crispy capers.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

