



Product Spotlight: Dukkah

Dukkah is traditionally an Egyptian condiment consisting of a mixture of herbs, nuts, and spices.



2 Dukkah Chicken

Dukkah crusted chicken served with sautéed eggplant, courgette and chickpeas, tossed in a dressing of yoghurt, parsley and lemon juice.

 30 mins

 2 servings

 Chicken

21 May 2021

Spice it up!

Adding some mint to your yoghurt dressing, as well as parsley, would be a great addition.

Per serve: **PROTEIN** 40g **TOTAL FAT** 19g **CARBOHYDRATES** 71g

FROM YOUR BOX

CHICKEN SCHNITZEL	300g
DUKKAH	40g
PARSLEY	1 bunch
YOGHURT	1/2 tub *
LEMON	1/2 *
SMALL EGGPLANT	1
COURGETTES	2
CHICKPEAS	400g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, dried coriander, smoked paprika, 1 garlic clove

KEY UTENSILS

large frypan

NOTES

If you are in a hurry, put a second frypan on the heat to cook your vegetables while the chicken is cooking.



1. COOK THE CHICKEN

Heat a large frypan over medium-high heat. Coat chicken in **oil**, and dukkah. Cook chicken for 4-5 minutes each side or until cooked through. Remove from the heat (see notes).



2. MAKE THE DRESSING

Crush or finely dice **1 garlic clove**, chop parsley. Mix in a bowl with yoghurt, juice of half a lemon, **salt and pepper**.



3. SAUTÉ VEGETABLES

Reheat frypan over medium-high heat with **oil**. Dice eggplant, slice courgettes add to pan as you go. Sauté for 4-5 minutes with **1/2 tsp dried coriander, 1/2 tsp paprika, salt and pepper**. Drain and rinse chickpeas, add to pan and sauté for further 2 minutes.



4. DRESS VEGETABLES

Toss the vegetables and chickpeas through the prepared dressing.



5. FINISH AND PLATE

Slice the chicken schnitzels. Divide dressed vegetables evenly among bowls, serve with sliced chicken.

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

