



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Capers


Capers are actually little flower buds! They come from a plant called Finders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



2 Dukkah Schnitzels with Apple Coleslaw

Chicken schnitzels coated in dukkah, served with a fresh coleslaw of green apple, fennel, celery and Brussels sprouts.

 30 minutes

 2 servings

 Chicken

8 October 2021

Stretch it out!

The dukkah crusted schnitzels and coleslaw would make great burger fillings. If you want to stretch this dish out to feed more people, grab some burger buns, fill them with the coleslaw and slices of schnitzel.

Per serve: **PROTEIN** 51g **TOTAL FAT** 20g **CARBOHYDRATES** 32g

FROM YOUR BOX

CHICKEN SCHNITZLES	300g
DUKKAH	1 packet (15g)
FENNEL	1
CELERY STICK	1
BRUSSELS SPROUTS	1 bag (150g)
GREEN APPLE	1
CAPERS	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, seeded mustard, honey

KEY UTENSILS

frypan

NOTES

If you want to transform this into a warm dish, set your oven to 220°C. Wedge the fennel, Brussels sprouts, and apple. Toss on a lined oven tray and roast until tender.



1. COOK THE CHICKEN

Heat a large frypan over medium high heat. Coat chicken in **oil, salt, pepper** and dukkah. Cook chicken for 4–5 minutes on each side or until cooked through.



2. MAKE THE DRESSING

In a large bowl whisk together **3/4 tbsp mustard, 2 tbsp vinegar, 3 tbsp olive oil, 2 tsp honey, salt and pepper.**



3. PREPARE THE VEGETABLES

Thinly slice fennel (reserve any fronds for garnish) and celery stick. Halve and thinly slice Brussels sprouts. Cut apple into batons, drain and rinse capers.



4. TOSS THE COLESLAW

Toss prepared vegetables and dressing until well coated.



5. FINISH AND SERVE

Divide coleslaw among plates. Top with schnitzels. Garnish with any reserved fennel fronds.

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

