



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Strawberries


Packed with vitamin C, manganese, fibre and antioxidants, strawberries are little power berries!



## 2 Chicken Strawberry Salad with Parmesan Crisps

Roasted chicken breast served with dukkah-spiced parmesan crisps and a fresh salad.

 35 minutes

 4 servings

 Chicken

26 November 2021

## Switch it up!

*Instead of making crisps, use your dukkah to coat the chicken breast before roasting, then toss the parmesan through the salad.*

Per serve: **PROTEIN** 49g **TOTAL FAT** 29g **CARBOHYDRATES** 17g

## FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
SHAVED PARMESAN	1 packet (125g)
DUKKAH	1 packet (30g)
STRAWBERRIES	1 punnet
CHERRY TOMATOES	1 bag (400g)
LEBANESE CUCUMBER	1
RED CAPSICUM	1
ROCKET	1 bag (120g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, balsamic vinegar

## KEY UTENSILS

2 oven trays

## NOTES

If you don't have lemon pepper you can use sumac, lemon zest, ground coriander or dried oregano.

If you're looking to bulk up this dish you could serve with some cooked pearl cous cous or sorghum. This dish would also work well with roasted veggies.



### 1. ROAST THE CHICKEN

Set oven to 220°C.

Place chicken on a lined oven tray and slash in 3-4 places. Coat with **oil, 2 tsp lemon pepper and salt**. Roast for 25-30 minutes or until cooked through.



### 2. MAKE PARMESAN CRISPS

Make clumps of parmesan on a second lined oven tray. Sprinkle with dukkah. Bake for 8-10 minutes or until light golden. Set aside to crisp.



### 3. MAKE THE DRESSING

In a large bowl whisk together **3 tbsp olive oil, 2 tbsp vinegar, salt and pepper**.



### 4. MAKE THE SALAD

Halve or quarter strawberries and tomatoes. Thinly slice cucumber and capsicum. Add to bowl with dressing along with rocket. Toss until well coated.



### 5. FINISH AND PLATE

Slice chicken. Divide among plates along with salad and parmesan crisps.

**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**

