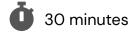




Dukkah Schnitzels

with Apple Coleslaw

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







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.

PROTEIN TOTAL FAT CARBOHYDRATES

50g 20g 27g

FROM YOUR BOX

CHICKEN SCHNITZLES	600g
DUKKAH	1 packet (30g)
FENNEL	1
CELERY STICKS	2
BRUSSELS SPROUTS	1 bag (300g)
GREEN APPLES	2
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 1 tbsp mustard, 3 tbsp vinegar, 1/4 cup olive oil, 3 tsp honey, salt and pepper.



3. PREPARE THE VEGETABLES

Thinly slice fennel (reserve any fronds for garnish) and celery sticks. Halve and thinly slice Brussels sprouts. Cut apples 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.



