



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

 4 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** 30g **TOTAL FAT** 3g **CARBOHYDRATES** 39g

FROM YOUR BOX

POTATOES	800g
CHERRY TOMATOES	1 bag (200g)
CANNELLINI BEANS	400g
OREGANO	1 packet
MESCLUN LEAVES	1/2 bag (100g) *
BABY CAPERS	100g
CHICKEN SCHNITZELS	600g
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, 2 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 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**

