



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cucumber

Cucumber can help you stay hydrated as it consists of 96% water! It helps you flush out toxins in your body and all that water in the cucumber acts as a natural 'broom', sweeping waste products out of your system.



2 Crunchy Sumac Salad with Chicken Bites

A crisp gem lettuce salad with crunchy bites of cucumber and radish, tossed with a pickled sumac dressing and golden cornflake chicken bites.

 30 minutes

 4 servings

 Chicken

2 November 2020

Spice it up!

If you don't have sumac you can use lemon pepper, harissa or za'atar if you have some. Otherwise lemon zest and a pinch of ground paprika will also work. For a creamier dressing you can combine yoghurt with your favourite hot sauce or relish.

Per serve: **PROTEIN** 34g **TOTAL FAT** 19g **CARBOHYDRATES** 41g

FROM YOUR BOX

SHALLOT	1
GEM LETTUCE	3 pack
TOMATOES	2
PARSLEY	1/4 bunch *
CONTINENTAL CUCUMBER	1/2 *
RADISHES	1/2 bunch *
CHICKEN SCHNITZELS	600g
CORNFLAKES	1 packet (100g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking + olive oil), salt and pepper, sumac (optional), red wine vinegar, dried dill (or dried oregano)

KEY UTENSILS

frypan

NOTES

See the "Spice it up!" tip on the front of this recipe for some substitutes for the sumac.

You can crush the cornflakes in the packet it came in or in a small food processor.



1. PICKLE THE SHALLOT

Whisk together **1 tsp sumac** (optional, see notes), **1 1/2 tbsp red wine vinegar** and **3 tbsp olive oil**. Season with **salt and pepper**. Thinly slice shallot and add to dressing. Set aside.



2. PREPARE THE SALAD

Rinse and chop gem lettuce. Chop tomatoes and parsley. Slice cucumber and radishes. Toss together and set aside.



3. CRUMB THE CHICKEN

Coat chicken with **1 tsp dried dill, oil, salt and pepper**. Crush the cornflakes to resemble a crumb (see notes). Press chicken into cornflakes to coat.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook chicken for 3-4 minutes each side or until cooked through.



5. FINISH AND PLATE

Toss salad with pickled shallot and dressing. Divide among plates. Cut chicken into bite size pieces and divide over top of salad.

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

