



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Dukkah


Dukkah is traditionally an Egyptian condiment consisting of a mixture of herbs, nuts, and spices.



## 2 Dukkah Chicken

Dukkah crusted chicken served with sautéed eggplant, zucchini and chickpeas, tossed in a dressing of yoghurt, parsley and lemon juice.

 30 mins

 4 servings

 Chicken

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*Spice it up!*

*Adding some mint to your yoghurt dressing, as well as parsley, would be a great addition.*

Per serve: **PROTEIN** 29g **TOTAL FAT** 12g **CARBOHYDRATES** 37g

## FROM YOUR BOX

CHICKEN SCHNITZEL	600g
DUKKAH	60g
PARSLEY	1 bunch
YOGHURT	1/2 tub *
LEMON	1/2 *
EGGPLANT	1
ZUCCHINI	1
CHICKPEAS	400g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, dried coriander, smoked paprika, 1 garlic clove

## KEY UTENSILS

large frypan

## NOTES

If you are in a hurry, put a second frypan on the heat to cook your vegetables while the chicken is cooking.



### 1. COOK THE CHICKEN

Heat a large frypan over medium-high heat. Coat chicken in **oil**, and dukkah. Cook chicken for 4-5 minutes each side or until cooked through. Remove from the heat (see notes).



### 2. MAKE THE DRESSING

Crush or finely dice **1 garlic clove**, chop parsley. Mix in a bowl with yoghurt, juice of half a lemon, **salt and pepper**.



### 3. SAUTÉ VEGETABLES

Reheat frypan over medium-high heat with **oil**. Dice eggplant and zucchini, add to pan as you go. Sauté for 4-5 minutes with **1 tsp dried coriander, 1/2 tsp paprika, salt and pepper**. Drain and rinse chickpeas, add to pan and sauté for further 2 minutes.



### 4. DRESS VEGETABLES

Toss the vegetables and chickpeas through the prepared dressing.



### 5. FINISH AND PLATE

Slice the chicken schnitzels. Divide dressed vegetables evenly among bowls, serve with sliced chicken.

**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](mailto:hello@dinnertwist.com.au)

