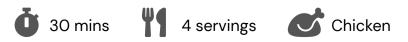


Product Spotlight: Dukkah

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.



Spice it up!

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

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.

