

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Schnitzels

and Rocket Salad

Grilled chicken schnitzels alongside a fresh rocket salad with roast carrots, cucumber and tomato.



25 minutes



4 servings



Chicken

FROM YOUR BOX

CARROTS	4
LEBANESE CUCUMBER	1
TOMATOES	2
ROCKET LEAVES	1 bag (120g)
CHICKEN SCHNITZELS	600g

FROM YOUR PANTRY

oil for cooking, salt, pepper

NOTES

You can toss a grain through the salad to bulk it up! Quinoa or pearl barley work well.

Elevate the salad with any leftovers you may already have! Add some goats cheese, feta or parmesan. Toasted nuts such as almonds, pecans or pine nuts along with dried cranberries or currants can also be tossed in. You may also have some olives, sun-dried tomatoes or roast capsicum strips you can toss through!

1. ROAST THE CARROTS

Set oven to 220°C. Dice **carrots** and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.

TIP *Add a spice or seasoning for extra flavour! You could add some wedged beetroot, sliced capsicum, diced pumpkin or red onion to roast at the same time if you have some.*

2. PREPARE THE SALAD

Slice **cucumber** and wedge **tomatoes**. Toss together with **rocket leaves** (see notes).

TIP *You can add extra salad ingredients such as avocado, ribboned carrot or fresh chopped herbs such as parsley and coriander.*

3. COOK THE CHICKEN

Coat **chicken** with seasoning of choice. Cook in a frypan over medium–high heat with **oil** for 4–5 minutes each side or until cooked through.

TIP *We used 2 tsp pre-made cajun spice mix to season the chicken. You could use a marinade, ground spice or dried herb.*

4. FINISH AND SERVE

Toss roast carrots with salad and serve with chicken schnitzels.

TIP *Use a dressing of choice for the salad. We used a pre-made balsamic dressing.*

This recipe has simplified instructions to help lower your meal cost.