

X4



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



# Lemon Crumbed

## Chicken Schnitzels

Golden crumbed chicken schnitzels seasoned with zesty lemon, served alongside tender roasted potatoes and buttery sautéed vegetables.



35 minutes



4 servings



Chicken

## FROM YOUR BOX

MEDIUM POTATOES	5
ZUCCHINI	1
CARROT	1
LEMON	1
PANKO CRUMBS	2 x 40g
CHICKEN SCHNITZELS	600g

## FROM YOUR PANTRY

oil for cooking, salt and pepper, olive oil or butter

## NOTES

You can pair this dish with a side salad if you feel like something fresh. Use any fresh leaves you have on hand and dress with olive oil and lemon juice.

To make a quick gravy, stir stock powder or a crumbled cube with water and a touch of cornstarch in the frypan after cooking chicken.

**No gluten option – panko crumbs are replaced with GF quinoa flakes.**

## 1. ROAST THE POTATOES

Set oven to 220°C. Dice or wedge **potatoes**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes or until golden and cooked through.

**TIP** *Add dried rosemary or garlic powder for extra flavour.*

## 2. SAUTÉ THE VEGETABLES

Slice **zucchini** and **carrot** (or cut into batons). Heat a frypan over medium heat with **1 tbsp olive oil or butter** and **2 tbsp water**. Add vegetables and cook covered, for 5–7 minutes until just tender. Season with **salt and pepper**.

**TIP** *Stir in crushed garlic, a pinch of dried Italian herbs, or a knob of butter to enrich the vegetables. You can add green beans, asparagus or broccolini if you want more variety.*

## 3. COOK THE CHICKEN

Combine **lemon zest** with **panko crumbs** and spread on a plate. Season **chicken** with **salt and pepper**. Press each schnitzel into crumbs to coat both sides. Reheat frypan over medium–high heat with **oil**. Cook chicken for 4–5 minutes each side, or until golden and cooked through.

**TIP** *Add a little grated parmesan or dried thyme to the crumbs for extra flavour.*

## 4. FINISH AND SERVE

Cut remaining lemon into wedges. Serve crumbed chicken with roasted potatoes, sautéed vegetables and lemon wedges.

**TIP** *Add a simple dipping sauce, garlic aioli or mayonnaise with a little lemon juice.*

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