



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Pine Nuts


Pine nuts are pine tree seeds found between the scales of pine cones. While all pine trees yield pine nuts only about 20 species have pine nuts large enough to be worth eating.



## 1 Chicken Schnitzels with Potato Hash and Kiev Butter

Deconstructed Chicken Kiev made quick & easy with pan-fried schnitzels topped with a parsley & garlic butter. Served with potato hash, sautéed broccoli and scattered with golden pine nuts.

 20 minutes

 2 servings

 Chicken




14 May 2021

*Make it easier!*

*Roast potato and broccoli in the oven instead if you prefer less hands-on cooking!*



## FROM YOUR BOX

MEDIUM POTATOES	3
ROSEMARY SPRIG *	1
PINE NUTS *	1 packet (40g)
CHICKEN SCHNITZELS 	300g
PARSLEY	1/2 bunch *
GARLIC CLOVE	1
LEMON	1
BROCCOLI	1
 BOMBAY POTATO KIT	1 packet
 BROWN ONION	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, oil/butter for cooking, salt, pepper, smoked paprika

## KEY UTENSILS


frypan x 2

## NOTES

Chop rosemary leaves for more flavour!

Roughly grate butter to soften quickly! Mash together with other ingredients using a fork.

If you prefer not to make the butter, you can replace the butter with olive oil to make a dressing instead. You may need to add 1/2-1 tsp honey for sweetness.


 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.

**\*Reserve rosemary sprig and pine nuts for another recipe!**



### 1. COOK THE POTATOES


Heat a pan with **oil/butter** over medium heat. Dice and add potatoes and rosemary sprig (see notes). Cook for 15 minutes or until golden and tender. Season with **salt and pepper**. See step 5.

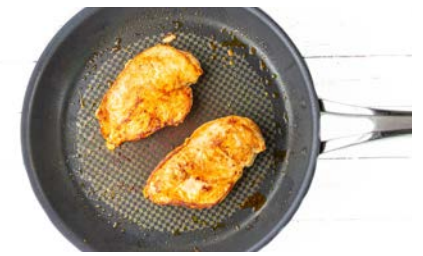
 **VEG OPTION** - Dice and add potatoes to a saucepan and cover with water. Simmer for 8 minutes until soft. Drain.



### 2. TOAST THE PINE NUTS


Toast pine nuts in a large dry frypan over medium heat until golden. Set aside, keep pan over medium-high heat.

 **VEG OPTION** - Heat a saucepan with oil over medium heat. Add spice mix #1 and cook until sesame seeds are golden. Add rice, currants and 1 1/2 cups water. Cover and simmer for 12-15 minutes.



### 3. COOK THE CHICKEN


Toss chicken with **oil, salt, pepper** and **1 tsp smoked paprika**. Add to pan and cook for 5 minutes each side until cooked through.

 **VEG OPTION** - Slice onion, add to a heated frypan with 4 tbsp oil. Cook over medium heat, adding spice mix #2, until soft.



### 4. MAKE THE PARSLEY BUTTER


Finely chop 2 tbsp parsley and combine with 1 small crushed garlic clove, 1 tsp grated lemon zest, **1 tbsp olive oil** and **60g butter** (see notes). Season with **salt**.

 **VEG OPTION** - Cut broccoli into florets and add to pan along with drained potatoes and 200ml water. Simmer, covered, for 3-5 minutes.



### 5. SAUTÉ THE BROCCOLI


Transfer potatoes to a serving bowl, keeping frypan over heat. Cut broccoli into florets, add to pan with **1/4 cup water**. Cook, covered for 3 minutes. Season with **salt** and drizzle with **olive oil**.

 **VEG OPTION** - Brush pappadums with oil. Cook in a pan or in the microwave.



### 6. FINISH AND SERVE

Place chicken on plates and top with a dollop of parsley butter. Serve with potatoes, broccoli and lemon cut into wedges. Sprinkle with pine nuts.

 **VEG OPTION** - Serve rice with Bombay potatoes and pappadums. Garnish with chopped parsley and lemon wedges.

**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**

