



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Brazil Nuts

The fruit pods of the Brazil Nut tree are the size of a coconut and can weigh over 2 kg! Inside, the nuts are packed like orange segments and are high in vitamins, minerals and antioxidants.



## 1 Grilled Chicken with Mint Dressing & Brazil Nuts

Roasted sweet potato wedges served with grilled chicken, pickled cabbage and a mint yoghurt dressing. Scattered with Brazil nuts for extra crunch.

 25 minutes

 2 servings




 Chicken

30 November 2020

*Spice it up!*

*Add 1 tsp black mustard seeds, cumin seeds or ground turmeric to sweet potato when roasting for extra flavour!*

## FROM YOUR BOX

SWEET POTATOES	400g
SHREDDED RED CABBAGE	1/2 bag (200g) *
CHICKEN SCHNITZELS 	300g
MINT	1/2 bunch *
NATURAL YOGHURT	1 tub (200g)
LEMON	1
BRAZIL NUTS	1 packet (40g)
 CAULIFLOWER	1/2
 CHICKPEAS	400g

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, red, white or apple cider vinegar, ground cumin, sugar/honey

## KEY UTENSILS


oven tray, grill or frypan (alternatively barbecue)

## NOTES

Sauté the red cabbage in a frypan just after the chicken for a few minutes if you prefer it cooked!

Use a stick mixer to blend the dressing for a smooth and more 'runny' consistency.


Place nuts in a clean kitchen towel and crush using a heavy object.

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



### 1. ROAST THE SWEET POTATO

Set oven to 220°C. Cut sweet potatoes into wedges. Toss with **oil and salt** on a lined oven tray. Roast for 20 minutes or until golden and tender.

 **VEG OPTION** - Cut cauliflower into florets and toss with sweet potatoes, chickpeas and 1-2 tsp cumin. Roast as per recipe.



### 2. PICKLE THE CABBAGE

Place cabbage in a bowl (see notes) and dress with **1/2 tbsp olive oil, 1/2 tbsp vinegar, 1/4 tsp sugar (or honey) and a pinch of salt**. Massage using your hands to soften and combine well.



### 3. GRILL THE CHICKEN

Heat a pan (or barbecue!) over medium-high heat. Toss chicken schnitzels with **oil, 1/2 tsp cumin, salt and pepper**. Add to pan and cook for 4-5 minutes on each side or until cooked through.

 **VEG OPTION** - skip this step.



### 4. MAKE THE DRESSING

In the meantime, finely chop mint leaves and combine with yoghurt, juice from 1/2 lemon, **salt and pepper** (see notes).




### 5. PREPARE THE GARNISH

Roughly chop or crush Brazil nuts (see notes). Wedge remaining lemon.



### 6. FINISH AND SERVE

Serve chicken schnitzels with sweet potato wedges, pickled cabbage, dressing and lemon wedges. Scatter with Brazil nuts.

 **VEG OPTION** - Serve traybake with pickled cabbage, dressing and lemon wedges. Scatter with Brazil nuts.

**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**

