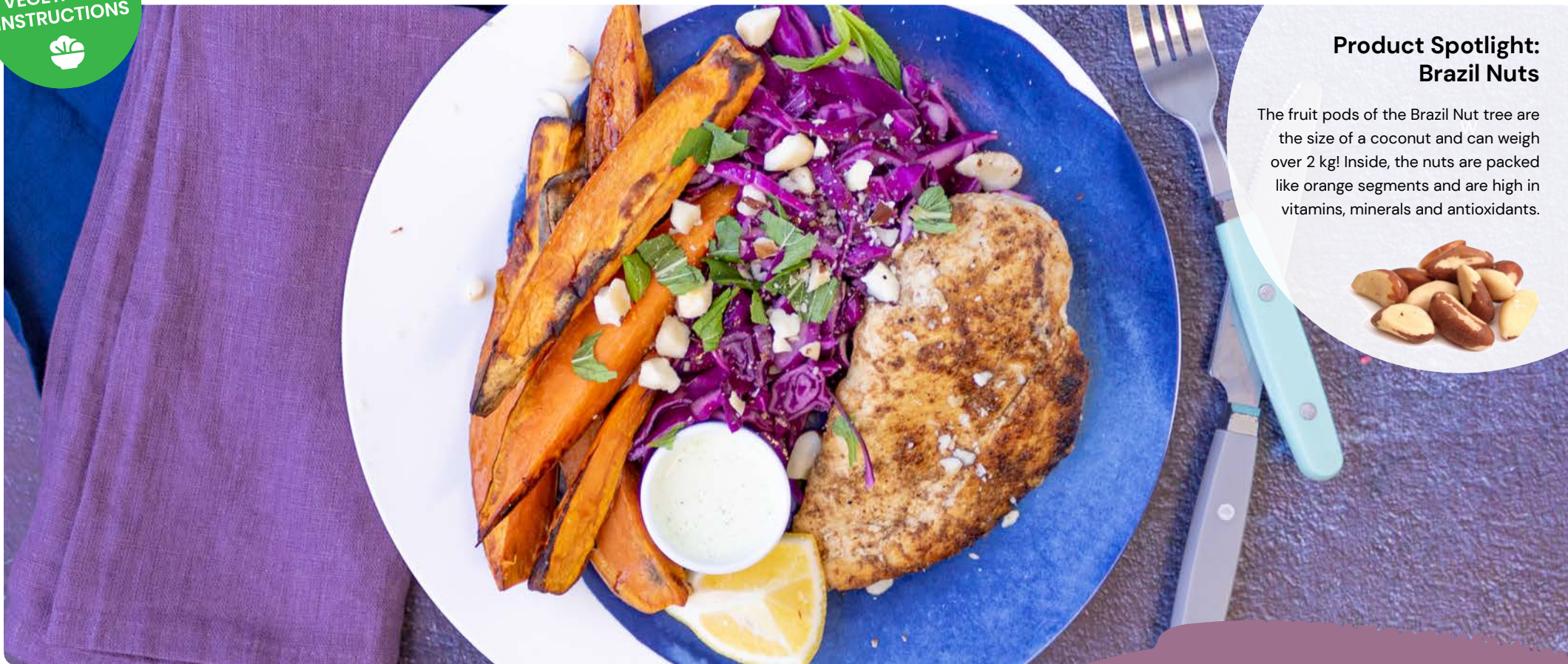


SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



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



4 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	800g
SHREDDED RED CABBAGE	1 bag (400g)
CHICKEN SCHNITZELS 	600g
MINT	1/2 bunch *
NATURAL YOGHURT	1 tub (200g)
LEMON	1
BRAZIL NUTS	1 packet (80g)
 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 2 tsp cumin. Roast as per recipe.



2. PICKLE THE CABBAGE

Place cabbage in a bowl (see notes) and dress with **1 tbsp olive oil, 1 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 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**

