



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Black Rice

Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



## 2 Crunchy Cornflake Chicken with Black rice

Crunchy cornflake coated chicken schnitzels paired with fragrant black rice, crunchy fresh salad vegetables and a mango dipping sauce.



20 minutes



4 servings



Chicken

31 August 2020

## Grill the chicken!

*Skip the crumbs and rub the chicken with oil, smoked paprika and thyme. Cook on barbecue or in a grill pan for a lovely smokey bbq flavour. Pairs well with the black rice, alternatively roasted sweet potatoes, and the mango dipping sauce.*

## FROM YOUR BOX

BLACK RICE	1 tub (300g)
CORNFLAKES (GF)	1 bag (100g)
CHICKEN SCHNITZELS	600g
SHREDDED CABBAGE	1 bag (200g)
AVOCADO	1
BABY CUCUMBERS	1 punnet
MANGO & COCONUT CHUTNEY	150g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, white or red wine vinegar, egg (1)

## KEY UTENSILS

saucepan, large frypan

## NOTES

Crush cornflake between 1 folded sheet of baking paper. Add 1 tsp ground or smoked paprika for added flavour.

Combine the sauce with 2 tbsp mayonnaise for a creamy finish.

**Veg option - Chicken schnitzels are replaced with 2 packets of halloumi.** Halve or slice halloumi into fingers, continue as per recipe.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



### 2. PREPARE THE CRUMBS

Crush cornflakes (see notes) and season with **salt and pepper**. Whisk **1 egg** in a shallow bowl. Add chicken schnitzels to egg wash.



### 3. CRUMB & COOK CHICKEN

Heat a large frypan with **oil/butter** over medium-high heat. Press schnitzels into crumb to coat then place straight into frypan. Cook for 4-5 minutes on each side or until golden and cooked through.



### 4. PREPARE THE SALAD

Toss shredded cabbage with **1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.

Quarter avocado and slice cucumbers.



### 5. FINISH AND SERVE

Slice or halve schnitzels if desired.

Serve chicken with rice, fresh salad ingredients and sauce (see notes).

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