



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

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

saucepans, 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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