





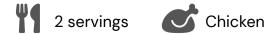
## **Cumin Chicken**

### with Harissa Tray Bake

Chicken schnitzels cooked in ground cumin and served with hearty vegetables baked in harissa paste and fresh mesclun leaves.







# Switch it up!

Use the sweet potato to make mash! Sauté remaining vegetables in a frypan and coat chicken with harissa paste.

TOTAL FAT CARBOHYDRATES

36g

12g

66g

#### FROM YOUR BOX

SWEET POTATO	400g
RED CAPSICUM	1
RED ONION	1
HARISSA PASTE	1 sachet
CHICKEN SCHNITZELS	300g
MESCLUN LEAVES	1 bag (60g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

#### **KEY UTENSILS**

large frypan, oven tray

#### **NOTES**

Instead of coating the schnitzels in ground cumin, try ground coriander, sumac or a Moroccan spice mix if you have one.

Dress mesclun leaves with olive oil, vinegar or lemon juice if desired.



#### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut sweet potato into rounds. Slice capsicum and wedge red onion. Add to a lined oven tray as you go.



#### 2. TOSS WITH THE HARISSA

Toss vegetables with oil, harissa paste, salt and pepper. Roast for 20-25 minutes until tender.



#### 3. COOK THE SCHNITZELS

Heat a frypan over medium-high heat. Coat schnitzels with oil, 1 tsp cumin (see notes), salt and pepper. Add to pan and cook for 4-5 minutes each side until cooked through.



#### 4. FINISH AND SERVE

Serve schnitzels with harissa roasted vegetables and fresh mesclun leaves (see notes).



