




Product Spotlight: Lemon


Lemon juice mixed with hot water is a good remedy for a sore throat as it is anti-bacterial.



Schnitzels with Lemon Vinaigrette and Polenta Chips

Chicken schnitzels coated in lemon zest and served with herby polenta chips, fresh vegetables, and an addictive lemon vinaigrette.

 30 minutes

 2 servings

 Chicken

10 March 2023

Switch it up!

Skip making the polenta chips. Sauté the shallot in the saucepan with oil, add the water, and then cook the polenta following instructions in step 1 and season with lemon juice, salt and pepper.

Per serve: **PROTEIN** 35g **TOTAL FAT** 41g **CARBOHYDRATES** 48g

FROM YOUR BOX

POLENTA	1 packet (125g)
LEMON	1
CHICKEN SCHNITZELS	300g
SHALLOT	1
AVOCADO	1
LEBANESE CUCUMBER	1
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried marjoram, mustard (of choice), honey

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Boil the kettle to speed up this process.

For extra flavour in the polenta, crumble a stock cube into the water before boiling. You can also add butter or parmesan cheese to finish.

You can substitute the dried marjoram with dried or fresh rosemary, thyme, Italian herbs or dried parsley.



1. COOK THE POLENTA

Set oven to 220°C.

Bring a saucepan with **450ml water** and **2 tsp marjoram** to a boil (see notes). Gradually pour in polenta, whisking continuously until thickened. Remove from heat and season well with **salt and pepper**.



4. MAKE THE VINAIGRETTE

Finely dice shallot. Add to a bowl along with juice from lemon, **1 tsp mustard**, **2 tsp honey**, **salt and pepper**. Whisk to combine. Gradually pour in **1/4 cup olive oil**, whisking intermittently.



2. BAKE THE POLENTA

Line an oven tray and drizzle with **olive oil**. Tip polenta onto tray and spread out to 1-2cm thickness. Drizzle with **olive oil** and bake for 15-20 minutes or until golden and firm.



5. PREPARE THE VEGETABLES

Thinly slice avocado and cucumber. Toss in a large bowl with rocket leaves.



3. COOK THE SCHNITZELS

Heat a frypan over medium-high heat. Zest lemon to yield 2 tsp. Coat schnitzels in **oil**, lemon zest, **salt and pepper**. Cook schnitzels for 4-5 minutes each side until cooked through.



6. FINISH AND SERVE

Cut polenta into chip-sized pieces. Divide among plates. Serve with schnitzels, fresh vegetables and lemon vinaigrette.

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