



Product Spotlight: Broccolini

Broccolini is often misidentified as young broccoli. It is a natural cross between broccoli and Gai lan.



Crumbed Chicken Schnitzels with Herb Butter

Herb and garlic crumbed chicken cooked until golden; served with oven roasted baby vegetables, broccolini and parsley butter.



35 minutes



2 servings



Chicken

Mix it up!

Instead of a butter sauce, combine the chopped parsley with garlic and mayonnaise to make a herb aioli, or with olive oil, vinegar and capers to make a vinaigrette!

Per serve: **PROTEIN** 52g **TOTAL FAT** 15g **CARBOHYDRATES** 68g

FROM YOUR BOX

BABY POTATOES	400g
DUTCH CARROTS	1 bunch
CHERRY TOMATOES	200g
CHICKEN SCHNITZELS	300g
LEMON	1
LUPIN CRUMBS	40g
BROCCOLINI	1 bunch
PARSLEY	1 packet
GARLIC CLOVE	1

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, dried thyme

KEY UTENSILS

oven tray, large frypan with lid

NOTES

Finely dice butter to help it soften. You can also place the butter close to the oven or stove top for warmth. Mix garlic and parsley with olive oil instead if you prefer.

You can add some chilli flakes, dried oregano, dried tarragon or chopped rosemary to the butter for a different flavour!



1. PREPARE THE VEGETABLES

Set oven to 220°C. Take **30g butter** out of the fridge to soften (see notes).

Halve potatoes, trim and scrub carrots. Toss all together on a lined oven tray with tomatoes, **1 tsp dried thyme, oil, salt and pepper**. Roast for 30 minutes or until cooked through.



4. PREPARE THE BUTTER

Finely chop parsley. Combine 1/2 tbsp parsley with crushed garlic clove, **softened butter** and **salt** until well combined (see notes).



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat chicken with lemon zest (wedge remaining), **oil, salt and pepper**. Press into crumb until coated on both sides, place into pan as you go. Cook for 4-5 minutes each side until cooked through.



3. COOK THE BROCCOLINI

Remove chicken to a plate and wipe out pan. Trim and add broccolini along with **1/4 cup water**. Cover and cook for 3-4 minutes until tender, dress with **olive oil**.



5. FINISH AND SERVE

Divide vegetables and chicken among plates. Add butter on top to melt. Serve with lemon wedges and garnish with remaining chopped parsley.



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