



Product Spotlight: Strawberries

Packed with vitamin C, manganese, fibre and antioxidants, strawberries are little power berries!



Chicken Strawberry Salad with Parmesan Crisps

Roasted chicken breast served with dukkah-spiced parmesan crisps and a fresh salad.

Switch it up!

Instead of making crisps, use your dukkah to coat the chicken breast before roasting, then toss the parmesan through the salad.



35 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	15g	13g

FROM YOUR BOX

CHICKEN BREAST FILLET	300g
SHAVED PARMESAN	1 packet
DUKKAH	1 tub
STRAWBERRIES	1 punnet
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
ROCKET	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, balsamic vinegar

KEY UTENSILS

2 oven trays

NOTES

If you don't have lemon pepper you can use sumac, lemon zest, ground coriander or dried oregano.

If you're looking to bulk up this dish you could serve with some cooked pearl couscous or sorghum. This dish would also work well with roasted veggies.



1. ROAST THE CHICKEN

Set oven to 220°C.

Place **chicken** on a lined oven tray and slash in 3-4 places. Coat with **oil**, **1 tsp lemon pepper** and **salt**. Roast for 25-30 minutes or until cooked through.



2. MAKE PARMESAN CRISPS

Make clumps of **parmesan** on a second lined oven tray. Sprinkle with **dukkah**. Bake for 8-10 minutes or until light golden. Set aside to crisp.



3. MAKE THE DRESSING

In a large bowl whisk together **2 tbsp olive oil**, **1 1/2 tbsp vinegar**, **salt** and **pepper**.



4. MAKE THE SALAD

Halve or quarter **strawberries** and **tomatoes**. Thinly slice **cucumber**. Add to bowl with **dressing** along with **rocket**. Toss until well coated.



5. FINISH AND PLATE

Slice **chicken**. Divide among plates along with **salad** and **parmesan crisps**.



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