



Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



Crispy Chicken Buddha Bowl

Sesame-crusted chicken schnitzels served over a vibrant turmeric cauliflower rice with fresh cucumber, avocado and coriander, all finished with a zingy lime and sriracha mayonnaise dressing.



35 minutes



4/6 servings



Chicken

Switch it up!

Make a warm cauliflower salad by roasting the florets and capsicum, toss with sliced cucumber, avocado, coriander and lime vinaigrette. Serve with crispy chicken on the side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	45g	29g

FROM YOUR BOX

	4 PERSON	6 PERSON
LEBANESE CUCUMBERS	2	2
RED CAPSICUM	1	2
AVOCADO	1	2
CORIANDER	1 packet	2 packets
LIME	1	2
SRIRACHA MAYONNAISE	2 sachets	2 sachets
CAULIFLOWER	1	1 + 1/2
CHICKEN SCHNITZELS	600g	600g + 300g
CORNFLOUR AND SESAME MIX	60g	60g + 30g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric,
1 chicken or vegetable stock cube

KEY UTENSILS

large frypan, food processor (optional)

NOTES

If you don't have a food processor you can grate your cauliflower or use a knife to finely chop it. Alternatively, cut in into florets and roast.



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1. PREPARE THE TOPPINGS

Dice **cucumbers**, **capsicum** and slice **avocado**. Chop **coriander** (for garnish).

Combine **1/2 lime zest and juice** with **1 tbsp water** and **sriracha mayonnaise**.

6P – use **zest and juice from 1 lime & 1 tbsp water to mix with sriracha mayo**.



4. PREPARE THE CHICKEN

Coat **chicken** with **1 tbsp prepared mayonnaise, salt and pepper**. Press into **cornflour sesame mix** until coated.

6P – coat **chicken with 1 1/2 tbsp prepared mayonnaise**.



2. PREPARE THE CAULIFLOWER

Roughly chop **cauliflower**. Add to food processor (see notes) and process to a fine rice texture.



5. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook **chicken** for 4-5 minutes each side, until crispy and cooked through.



3. COOK THE CAULIFLOWER

Add **cauliflower** to a frypan over medium-high heat with **2 tbsp oil, 1 crumbled stock cube, 1/2 tsp turmeric** and **1/4 cup water**. Cook, tossing for 6-8 minutes, until warmed through. Season to taste with **salt and pepper**. Set aside.

6P – use **3 tbsp oil, 1 1/2 stock cubes, 1 tsp turmeric and 1/3 cup water**.



6. FINISH AND SERVE

Divide **cauliflower rice** and **fresh toppings** among bowls. Slice **chicken** and place on top. Drizzle with **sriracha mayonnaise** and garnish with **coriander**. Serve with **remaining lime** cut into wedges.

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